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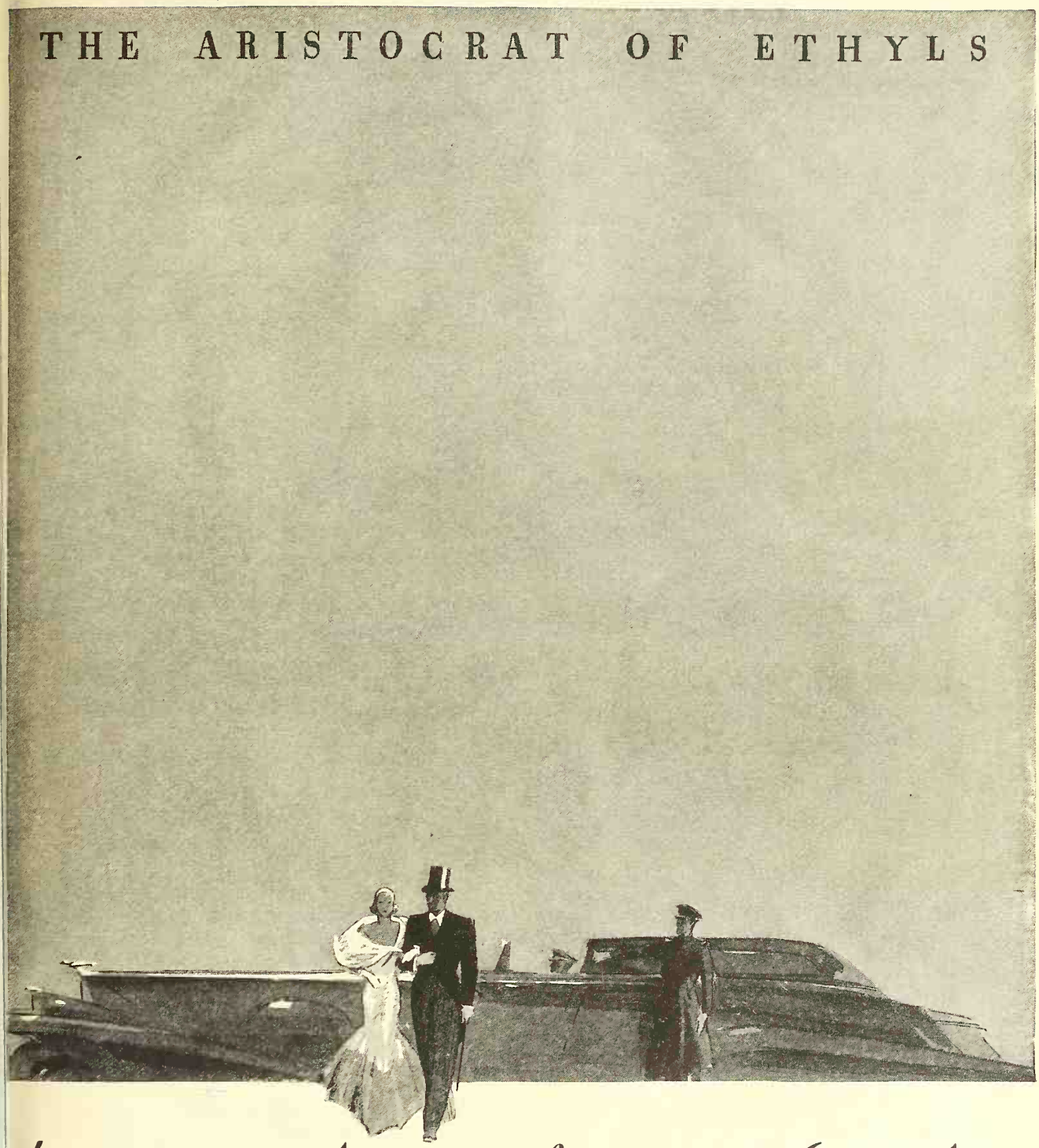

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★ ★

Castle Crags, near Mount Shasta
PHOTOGRAPH BY GABRIEL MOULIN

SUNSET GOLD

WE who live in the West should give thanks daily for our divine right to live on friendly, intimate terms with the out-of-doors. Here, as perhaps nowhere else in the country, are we able easily to balance work with play, mental exertion with the physical effort of outdoor life. If we grow one-sided in our development, it is because we ignore the wide-spread invitation to go back to the fundamental things of earth.

Resting, dusty and sunburned after a stiff hike along a forest trail, we look to the leaves of Nature's books—the trees—for little lessons in living that we may take back with us to the busy life of the city. As we soak in the energy-giving warmth of the sun, a new feeling of buoyancy fills us. We recall a remark of that great western teacher of literature: "Abounding vitality, in control, is an infallible test of great art;" and we decide that it is likely to be an attribute of greatness in life itself, as well as in the arts.

A weakling, we reflect, may occasionally turn out to be a genius, but genius or not, he is too often pettish, irritable, narrow in his views. His sense of proportion, if not entirely lacking, is likely to be so warped by ill health that he is easily discouraged, over sensitive, all too readily displeased. One of his most disturbing traits, we conclude, is that he is inclined to be suspicious of the motives of his friends in their most kindly acts.

"But what about the person who is full of vigor?" we ask ourselves. "Isn't he likely to be just as obnoxious as the one who lacks life?" Well, no doubt his very buoyancy is distasteful to one who looks upon downright good health as something just a bit vulgar. Most of us, however, find ourselves stimulated and warmed by the radiant energy of such an individual. We are drawn to him by the very force of his zest for life.

★ ★

Are you feeling discouraged and blue? Before you put all the blame on "conditions," or on your associates, look into your own physical state. If you are not enjoying positive good health—not merely absence of illness—the chances are that your discouragement has its roots in your physical condition. A person who is really ill may be cheerful and good natured, but one who is half sick is more than likely to be a pessimist, and a cranky one at that. The man or woman who is full of vitality and ambition is an optimist of the best sort. No matter what happens, aside from real grief and sorrow, it doesn't matter dreadfully. There is always the future in which to make things come out right!

That is a good way to be, isn't it—full of hope and courage and faith in tomorrow, and confidence in one's own ability to achieve his goal. Isn't it worth while, then, as we go along, to see to it that our bodies are in good condition always—that we balance mental effort with outdoor exercise? Abounding vitality, under control, is not only a sign of greatness, but a foundation upon which true greatness of mind and soul may well be built.—G. A. C.

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SUNSET MAGAZINE
(*The Pacific Monthly*)

JULY 1933

Vol. 71 No. 1

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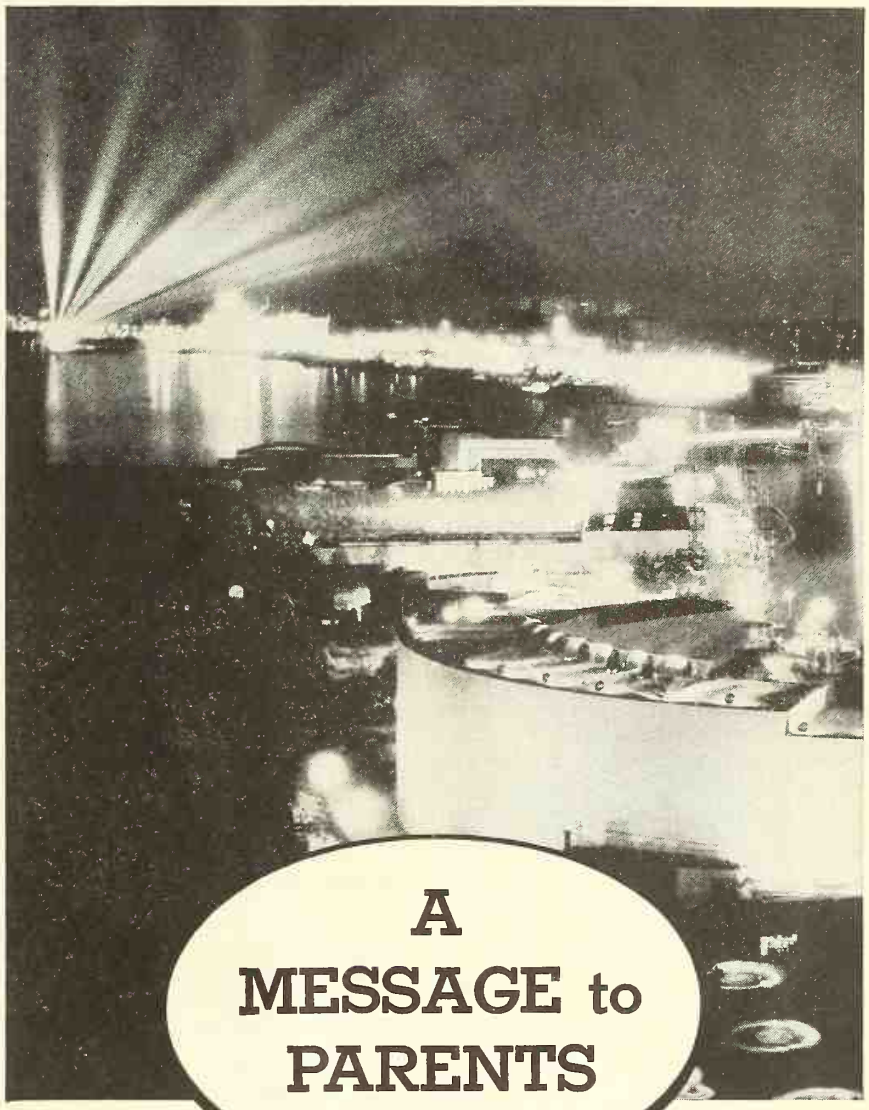

A MESSAGE to PARENTS

SCHOOL IS OUT. Chicago's great great Century of Progress Exposition has opened.

You owe your children, you owe *yourselves* a trip to this Exposition. Not only because it is the greatest show ever staged, but because it is the most instructive.

A week at this World's Fair will teach your children more about our modern age than years in school. For they will *see* what previously they have only read about.

They will *see* automobiles produced from raw steel to finished product. They will witness the rise of electricity, from its humble beginning in Volta's battery to its commanding place in modern life. They will *see* Galileo's telescope and the wonders of modern astronomy, a miniature oil refinery in action, Marconi's first radio transmitter, animated models of prehistoric monsters, moving pictures in the making, an incredible working model of the human body, the complete history of transportation, wonders without end.

TRAVEL COSTS ARE DOWN

New summer roundtrips to Chicago start at $60.50. Our new "Meals Select" enable you to eat well on our trains for $2.10 a day. And Southern Pacific offers you a liberal choice of routes and trains. Children under 5 ride free; from 5 to 11, half fare.

Before you decide you can't afford this trip, find out how little it will cost. Write or phone us *today* for an estimate.

Southern Pacific

C. L. McFAUL — Pacific Electric Building, Los Angeles
E. W. CLAPP — 65 Market Street, San Francisco
J. A. ORMANDY — 705 Pacific Building, Portland

THIS is indeed an age of speed such as our grandmothers would probably faint to experience. Here on the West Coast we have some of the finest highways in the country. They are constantly being reconstructed to widen the road, to eliminate kinks, to minimize grades and increase speed. New and fast ships have been put into service from West Coast ports to speed up the already excellent schedules. A new type of "caterpillar" train has been designed along streamline effects with specially designed cars, diners, Pullmans, to attain a running speed of 110 miles an hour. New motorcoaches and night coaches now meet the constant demand for speed. The latest announcement comes from our local air line office to the the effect that Chicago is now just 14 hours by plane from San Francisco; New York 20 hours away. This is the fastest coast-to-coast passenger schedule, and the world's fastest multi-motored plane service. New schedules covering the three daily flights eastbound have just been issued. Write us for a folder.

Short Summer Cruises

Travel Editor, Sunset Magazine:

Thank you for the suggestion regarding the Golden Coast Cruises you sent me in May. If the ships do not call at Los Angeles on the way to Panama how much time must I plan on in order to get up to San Francisco by train to sail from there?—M. F., Pasadena, California.

Since writing you in May, a change in schedule has made it possible for the ships in the Golden Coast Cruise service to call at Los Angeles both on the southbound and return trip from Panama. A ship sails from San Francisco and Los Angeles every week for Balboa, Panama Canal Zone, and Puerto Armuelles, Panama. The round trip from San Francisco requires 19 days and the first class fare is $160; from Los Angeles the trip requires 17 days round trip, and the rate is $150 first class. There is time, under the new schedule, for a special motor trip to see the fascinating sights in and around Panama City, and luncheon will be served at the government-operated Tivoli Hotel. Puerto Armuelles, the banana port, is visited on the return, and there is time for a general trip and tour of inspection while in port. All of the shore excursions are now included in the steamship fare as quoted. A copy of the new schedule and folder has been sent to you.

Oregon Coast Highway

Travel Editor, Sunset Magazine:

Can you give us information about the Oregon Coast Highway? Is it a good road and would you recommend it for a trip up to Washington? We would appreciate maps of this route if you have them.—R. R., San Diego, California.

The Oregon Coast Highway opens up a new and extremely lovely and picturesque motor route to the Northwest. From Crescent City in California it is possible to drive to the Oregon State Line and from there north over a splendid oiled macadam highway. The road alternately follows the coastline, then turns aside through dense groves of trees alternately; here and there, it follows the course of a river, and skirts lovely little lakes where attractive resorts and camps invite motorists to stop for a few days. The road traverses Sea Lion Point. It is under this point that the Sea Lion Caves, a resting and breeding place for sea lions here on the coast, is located. The caves have now been made accessible to motorists. (There is a small entrance fee.) The Oregon Coast Highway terminates at Astoria at the mouth of the Columbia River. A good ferry service across the river connects with good highways into the lovely Olympic Peninsula of Washington, or connections can be made with Highway No. 99 direct to Seattle. We have just received a good supply of maps outlining the Oregon Coast Highway in detail, and giving a list of hotels, auto camps and inns along the way. We are happy to send you a copy. NOTE: This map is available to all SUNSET readers for a three-cent stamp.

ARE you planning a trip? Is it a week-end jaunt or a tour around the world? Whatever your plans, just drop us a line for information! Your letter will receive a personal reply. Be sure to enclose postage or a stamped, self-addressed envelope for our reply.

$749 Around the World

Travel Editor, Sunset Magazine:

Will you please send me literature on the trip around the world for $749? Is this first class? Have you any suggestions as to what clothes I should have for this trip? Thank you for any help you can give me in making my plans.—G. J., Eugene, Oregon.

We have just been down to the pier lunching and inspecting one of the ships used in the round-the-world service, and we were quite tempted to stay right on board and sail out the Golden Gate! The rate of $749 covers first class accommodations for the entire trip, and the staterooms are large, airy, outside rooms, nicely furnished and equipped with beds rather than berths. The public rooms are large and comfortable though not pretentious, and the whole ship has an air of homelike informality that is hard to resist. The food is, of course, excellent and always interesting. Every care

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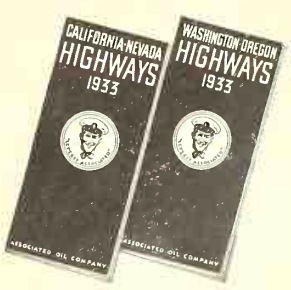

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is given the passenger by attentive stewards who see that you have more coffee just when you wish it, and who will help you in your dilemma as to what to choose on the tempting menu. Ocean voyages on the more informal type of ships are usually doubly enjoyable, and before many days you will be playing bridge, engaging in deck sports, dancing, swimming and chatting with your fellow passengers as though you were old friends. Literature on this round-the-world service has been sent to you. We have also sent a "Clothing List for the World Traveler" which will be helpful in planning your wardrobe for this trip.

Fiesta Days in Santa Barbara

Travel Editor, Sunset Magazine:

Do you have any data on the Fiesta that is to be held in Santa Barbara this summer? We plan a trip into California and should like to take this in on our way south.—R. F., Seattle, Washington.

"Old Spanish Days" will be celebrated in Santa Barbara August 3, 4 and 5 this year. The annual fiesta revives the romance and customs of that period when Spain ruled this part of the land, and it is one of the most spectacular celebrations of its kind. We have sent you a folder outlining the daily programs for the three-day celebration. Incidentally, Santa Barbara is a city of delightful gardens, and special garden tours are available to the motorists who visit the city. Would you like to take advantage of these?

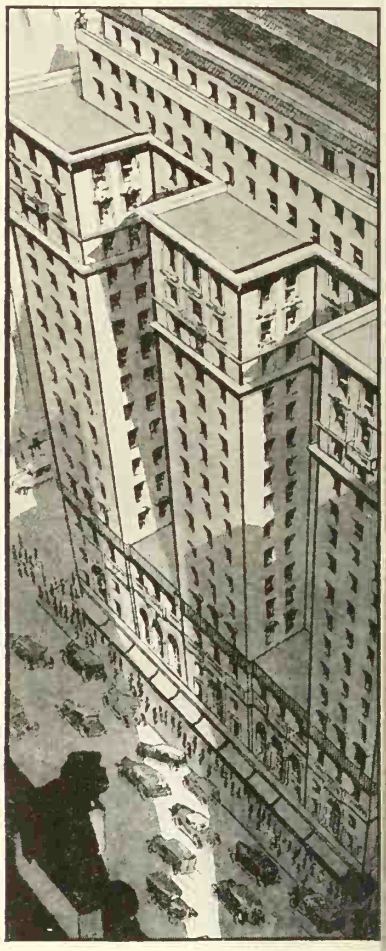
A Dude Ranch on Mt. Rainier

A WEEK at the Sunrise Dude Ranch, including meals and lodging and the use of a horse, may now be had for $35. Sunrise Dude Ranch is located in Mt. Rainier National Park, and in addition to ranch activities and shows by real western riders, many itineraries have been planned for the guests over some of the more interesting trails that lead through the park. There will be time to fish in the trout-filled lakes and streams, and there will be overnight trips to the Summit of the Cascades, Cowlitz Divide, Stevens Canyon, and around the mountain to Paradise. Write for an illustrated folder regarding Sunrise Dude Ranch, enclosing a three-cent stamp.

MT. HOOD LOOP TRIP

THIS is the highway of enchanted miles—
Long lanes of firs, with glimpses in between
Of dazzling snow banks and a mountain peak
High, white above the timber line of green.
And never were there words coined to portray
The wraith-like beauty of Multnomah Falls—
A golden sunset from the Vista House
Whose haunting loveliness forever calls!
—Cristel Hastings

GOING TO
NEW YORK?



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MAPS FOR A STAMP!

WE have just received another supply of revised road maps covering Oregon and Washington; and California and Nevada. Points of scenic interest, national parks and historic missions are designated on the maps. Please enclose a three-cent stamp with your request, and address your letter to the Travel Service Department, 1045 Sansome Street, San Francisco.

Grand Canyon Tours

Travel Editor, Sunset Magazine:

We are planning a trip to Chicago by train, and had thought we might stop over at the Grand Canyon on our way East. We do not want to stop more than one or two days, but have heard that the regular tours all take four days. Can you give us information on this?—B. B., Stockton, California.

A series of one, two and three-day budget tours has been announced this year in connection with stopovers at the Grand Canyon, so you need not stop over longer than you wish. The tours are designed to give the traveler an inexpensive trip to the various points of interest from the rim of the Canyon, and they provide all accommodations, meals, etc. The two-day tour, for example, provides for six meals and room with bath at El Tovar; a drive to Hermit's Rest, and a trip to Desert View. The all-inclusive rate is $15. A folder has been sent to you giving additional information on tours of longer duration.

Plan a Pacific Cruise

IT isn't a bit too early to start planning for the grand Pacific Tour that will be offered again in January of 1934. Departing from San Francisco, and calling at Los Angeles, the cruise will follow the popular itinerary of last year's South Seas and Oriental Tour—Honolulu, Samoa, Fiji, New Zealand, and Australia. From there the ship proceeds to intriguing ports such as Bali in the Dutch East Indies; Port Moresby in New Guinea; Bangkok, Siam, and of course the major ports of call in the Orient. The cruise lasts approximately three months. Send for a booklet.

LAKE TAHOE

NO sky can equal Tahoe's lovely tint—
Its setting, jagged rims of mountain peaks—
Here Emerald Bay and Fallen Leaf are names
Of which each road and highway proudly speaks!
Small wonder Peace and Rest do here abide,
For weary hearts that may resemble you!
For here one dwells eternally with God
While overhead white cloud ships sail the blue!

—Cristel Hastings.

Within the **TIME** *and* **COST** *of a usual*

TWO WEEKS' VACATION !

Will you invest those precious vacation hours this summer in a "ho-hum" holiday or—HAWAII? The new super-liners "Mariposa", "Monterey", "Lurline" and "Malolo"—with flashing speed and low fares, make the choice *for* you! Marine marvels, they bewitch the calendar, make two weeks yield FIVE priceless days in these gorgeous islands, *within the scope of your usual vacation fund.* Give them THREE WEEKS and they'll multiply thrills and memories by 12 DAYS in the South Seas, between your outbound and homeward voyages—with added time for rest, release and inter-island tours.

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SEASICK REMEDY

RELIEVES STOMACH DISTRESS WHEN TRAVELING 5

FOR SUNSET readers up and down the Coast the series of short cruises on European liners will afford a real vacation thrill. A leisurely trip may be made from Los Angeles or San Francisco to the Northwest and Canada in from two to three weeks. These liners, just returned from Europe, bring Old World atmosphere and customs, and from the wide variety of ships one can choose the hospitality, language and cuisine of either French, Italian, English, German, Dutch, Swedish or Danish ships. All of these steamship lines have combined to offer a number of sailings every month until September, calling at San Francisco, Portland, Tacoma, Victoria, Vancouver and Seattle. Rates are quoted with and without maintenance in port. From San Francisco, for example, one may sail north and back, spending four full days in Vancouver as well as other ports, for $76.50, including maintenance while in port. Write for a folder, enclosing a three-cent stamp.

CENTURY OF PROGRESS CHICAGO EXPOSITION

FOR detailed information and booklets regarding the World's Fair in Chicago write Sunset Travel Service Department, 1045 Sansome Street, San Francisco, enclosing a self-addressed stamped envelope for reply. Be sure to specify whether you plan to go by rail, automobile, steamship through the Canal to New York, motor-coach or plane. This will help us to give you more definite information. Hotel rates are also available.

Rambles in Europe

With Jane C. Higbie

Seventy-four Steps Up—en Slagroom

ASIDE from picturesque landscapes, curious customs and sights which intrigue the eye, the heart of any country is in its homes—and happy is he who may share them.

My friend and I had chosen a small family hotel, on the Damrak, in Amsterdam and late one evening we wearily climbed 74 steps of a winding stair to our room, where plump Dutch beds promised rest for the morrow's ramble. A glance from the window balcony showed us a fleet of canal boats, moored along the Rak below. We were in Holland!

Morning brought a glorious day, and with it a breakfast long to be remembered. A great oval table was set, buffet style, and guests were privileged

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EAST ASIATIC LINE

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Among the vacation articles in the August Sunset is "We Took the Children Camping" by Catherine Fowler McGee—it's a good story!

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unbelievable were the quantities and kinds of foods set out: platters of cold ham, dark liver-sausage, veal patty, and dried beef (thinly sliced, moist and delicious); white and crusty graham bread, home baked, accompanied by pats of sweet butter and fresh strawberry jam; Holland Rusk of finest flavor; Edam cheese, sliced so thinly that it could be rolled and eaten with the fingers; all these with tea, coffee, or chocolate (hot, and each pot freshly made) served with thick yellow cream. The chocolate was topped by a mound of *Slagroom*, or whipped cream, which we were to enjoy on many occasions.

A day's trip in a chugging boat along the water ways showed us many new sights. Charmingly green were the *Hoeves* (farms), with their sleek black and white cattle knee-deep in lush grasses. The farm houses were fascinating, with their peculiarly designed shutters, brilliantly colored, designating the district to which they belonged. Fishermen's tiny huts, perched upon stilts, were connected by narrow foot-bridges across the small canals. Rosy-cheeked children, in full woolen trousers, tight blouses and wooden shoes played along the dykes, or about the moorings of the green and brown fishing-boats, watching their pet ducks at the water's edge, while others busily chauffeured dog-carts. To the age of five, boys and girls of Holland are dressed alike, only a small button-like crest on the back of the cap proclaiming the boy's masculinity.

Through a small-paned, lace-curtained window could be seen a fireplace tiled in blue Delft tiles, with the glint of copper kettles and shining brass. An apple-cheeked housewife stood knitting in her doorway.

Cheese factories were immaculately clean, with sawdust in intricate patterns on the dairy barn floors. Windmills of various designs, according to their uses, added an artistic touch to the low skyline.

We loved the canal boats—family washings on the line, lace curtains at the windows, begonias on the sill and usually a small cooking fire, in a sheltered part of the deck, with an appetizing stew ready for the noon-day meal, as the sturdy boat glided through the locks.

Back to the city of clean substantial homes, where the post boxes are on the rear of the street cars and good restaurants are everywhere. In one of these, an elaborate soda fountain dispenses a long list of mysterious concoctions, topped consistently with delicious *Slagroom*. And thus whipped cream will ever conjure for me, pictures of restful waterways, lovely children at play, windmills, and a five-story house three windows wide, with 74 steps leading up to a room—a room which looks down upon a fleet of canal boats moored at the edge of the Damrak, in old Amsterdam.

Cruise to ALASKA

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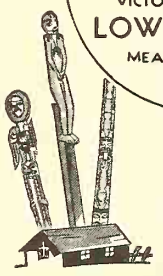

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Try Growing Delphinium *from* Seed

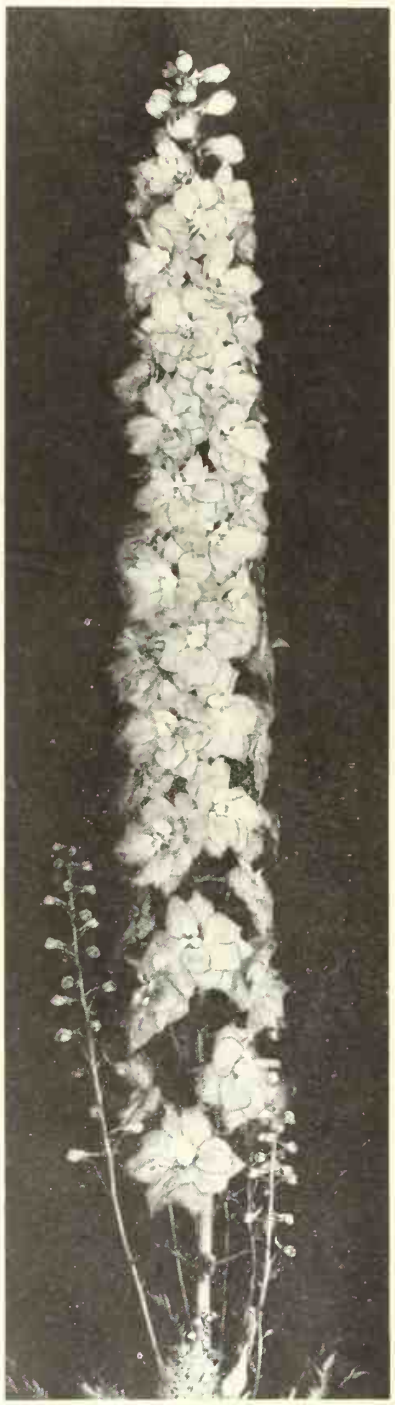
THE growing of delphiniums from seed is not difficult. They may be grown by any one, without special equipment, thus procuring some dozens of plants for the price paid for one really good one. There will, of course, be some inferior plants among the seedlings (no seed produces entirely exhibition plants) but from every sowing there should be a quantity of excellent plants. If the seed is of first quality, in a hundred plants there should be also two or three super-excellent, exhibition quality plants with pips two and one-half to three inches in diameter, beautifully placed on a long, symmetrical spike, the like of which the amateur probably hasn't seen before except in shows. These plants will bloom in six months from the sowing of the seed, if cared for as they should be, this care consisting mainly in not letting the seed box dry out and in transplanting at proper times.

While England produces splendid delphiniums, excellent seed may also be procured in the United States. There are a number of men on the Pacific Coast who make a specialty of delphiniums and one will make no mistake in buying seed from any of them. A dollar packet of seed should give six or seven dozen plants.

When To Plant

Delphinium seed, like most perennials, germinates far better if sown immediately after ripening—usually July or August around the Bay Region. It will then come up in from six to ten days, whereas in the spring it requires from two to four weeks. It is an excellent plan to order the seed sent as soon as ripe, even though planting is not contemplated until spring. As soon as seed arrives put it in a small bottle, cork or seal it tightly and place in the ice box until ready to plant. Then soak it in water for twenty-four hours, dry on blotters or a towel and sow it. The ice box treatment seems to be a substitute for the snow that self sown seeds get in a state of nature.

For spring sowing, February and March are perhaps the best months. The plants then bloom in August and September. The plants from fall or late summer sown seeds will bloom in early June. The plants shown in the illustrations accompanying this article were photographed in July; seed was sown the last week in January.



By
E. D. Crowl

There would seem to be no good reason for so much trouble in growing seedling delphiniums. The main trouble seems to be in planting the seed too deeply and keeping it too warm. Seed that is buried will not come up. Use a very light soil (one-half peat moss or leaf mold, the other half loam and sand), sift it finely and after box or pot is filled, press it down with a block until the surface is even. It should not be packed, merely smoothed until level. Then sow the seed rather thickly on top of the soil and sift a thin covering of peat or the soil mixture over them just sufficient to hide the seed and water thoroughly. By this method the seed is an even depth; when planting in the oft recommended furrow, some of it will be deep and some shallow. Result, uneven germination. Now turn a box wrong side up over the one containing the seed or cover with newspaper, so as to keep it dark until germination takes place and put in a cool place where the sun does not strike it and watch to see that it does not dry out. Surface drying is fatal to newly sprouted seeds. Bring gradually to the light after the plants are up.

This summer I covered the surface of one-half of a flat, after sowing, with finely pulverized peat; the other half was covered with the soil used to fill the flat. The result was rather surprising: the peat covered portion produced, by actual count, twice as many plants as the earth covered part. It would appear that the light weight of the peat permits easier emergence of the seed sprout.

Transplanting

After the plants have one or two true leaves transplant into another flat, putting them about two inches apart, and watering thoroughly after transplanting. They will now grow very rapidly, and when they appear crowded are ready for the open ground. Plants up to a year old may be moved almost any time (except, of course, during freezing weather) as they quickly accommodate themselves to the change. A favorite sport along the Coast is to select the plants when they produce their first

The Climate Around the Bay Region Is Ideal for this Queen of Blue Flowers

bloom, dig them up and plant them in their new home—sometimes removing the bloom and sometimes leaving it to decorate the new garden! It is almost uniformly successful. Of course the earth must be left on the roots—but then that should always be done if in any way possible.

Soil Requirements

The soil into which they are set should not be a heavy, compact one. The delphinium makes a very heavy mass of roots and needs a loose, friable soil and one with a good deal of humus in it. Coal ashes, sand, old plaster or lime, any or all, may be added to a heavy soil to loosen it. Peat is also good as a loosener and aids in holding moisture. If the soil is deficient in richness, add very well-rotted manure or bone meal, digging the latter well in. Bone meal applied to the surface of the soil does no good, as it does not dissolve under watering.

Set the plants about two feet apart. Yes, I know they look mighty small to be put so far apart, but in a suitable soil they grow so rapidly as soon to cover the ground. And crowding makes for mildew. Also harbors slugs. Shallow cultivation will help them along now but remember that the roots are close to the surface so do not hoe deeply.

When they are about two feet in height the plants should be staked as they are likely to fall over during heavy rains or high winds. Bamboo stakes are best, as they sway with the plant and do not give the stiff effect produced by a heavy stake. Also they are not so conspicuous. Use one stake to each spike, allowing the spikes to remain in their natural position.

If troubled with slugs or snails, use one of the advertised poisons; if your baby plants start to damp off, water with a solution of Semesan mixed according to the directions on the can. Dust with sulphur if mildew appears in the late summer.

The climate about the Bay region is ideal for the growth of the delphinium, having that cool temperature in which they revel, and the displays at the local shows should be far better and more extensive than they are. It is to be hoped that the interest in the delphinium will increase until there will be real competition at the shows, instead of the condition that now obtains, of about two or three exhibits by professionals. The plants are as easily grown as the dahlia and the competition is not nearly so great.

A Note from the Editor

If you wish further and more complete information on the growing of the delphinium we suggest that you obtain a copy of "The Book of the Delphinium" by John F. Leeming (Isaac Pitman and Sons, price $1.25). In it the author takes up the three methods of propagating the delphinium—by seeds, cuttings and division of roots. Mr. Leeming, contrary to Mr. Crowl, does not particularly approve of growing delphiniums from seeds, but, after all, that is merely a matter of personal opinion. But the propagation of delphinium is only a small part of the useful knowledge found in "The Book of the Delphinium": —there are chapters on soil; fertilizers; insect enemies, and so on, through its 75 pages.

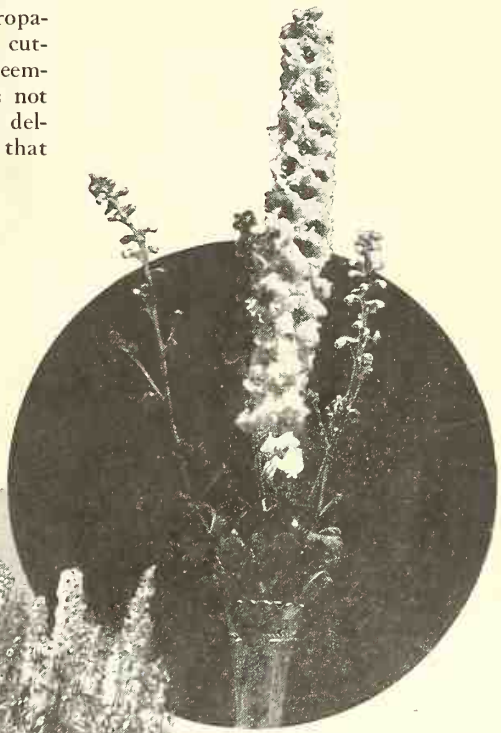
Since Mr. Crowl did not go into the subjects of watering, and care of the plant after flowering, we quote here what the author of "The Book of the Delphinium" has to say about them.

Watering of Delphiniums

"Plenty of moisture is essential. Remember 85% of the plant is composed of water, but when artificial watering is resorted to, see that it is a thorough soaking. If only an inch or two of the top soil is damped the roots are encouraged upwards and later may become burnt or, at least, dried out. The roots should go downwards and any watering must be done with this point as its object. Use rain water (if possible) that has been exposed to the sun's warmth."

After Flowering

"After flowering the stem should be cut off just below the bottom flower stalks, and on no account must the bloom be allowed to form seed as this is a considerable strain on the plant. Do not cut away more leaves or stem than is strictly necessary, because the nourishment from these will eventually go back into the root stock. It is a good plan to cover the severed stem with a cap of plasticine which prevents rain or insects entering the hollow center."



The photographs on these two pages are of seedling delphiniums grown by the author in his Berkeley garden.

These first three views give a fairly good picture of the living room furnishings

Furnishing the New Home

Up-To-Date Information

★ ★

HERE is a graphic demonstration of how a five-room house was furnished in good taste for only $500.00. No attempt was made to carry out any particular period, nor even to furnish the house as cheaply as possible. The whole idea was to give the maximum value for a minimum price and to achieve the best effect possible, for a given sum of money. The illustrations tell the story, but here are some details regarding the articles shown and listed.

In the Living Room

The floor coverings here consist of a 9x12 Axminster in rust color with a Jaspe effect and two small (36x63 inch) Axminster rugs with a small pattern in gray, green, black and rose. The draperies are of printed linen with a green background having large designs in rusts, golds and blues; they are lined with sateen and hang to within an inch of the floor.

The upholstered furniture consists of a large three-cushion sofa covered in green ribbed tapestry, an easy chair in rust colored figured tapestry, a wing chair in figured part-linen material that harmonizes with the draperies, an occasional chair in gold colored tapestry and another small easy chair in green and rust tapestry. These are all well-made chairs, covered in differing fabrics (as is the manner in modern homes) yet they harmonize both in style and coloring.

The other pieces of living room furniture are made either of walnut or of brown mahogany, and carry out the modern idea of home furnishing. For example, each seating piece has a table near it and all articles are grouped for utility as well as attractiveness.

The tall secretary gives space for storage in the large drawers, and accommodation for books; additional space is found in the open bookcase at the side of the fireplace. There are two end tables of different types, an occasional table, and a small coffee table. The desk chair of Windsor type fits in with the homelike informality of the room.

Lamps, pictures and accessories are not included in the budgeted amount as these vary considerably and are often largely taken care of in the small new home by friends and relatives. Actual costs of living room pieces are as follows:

Sofa	$39.75
Easy Chair	14.75
Easy Chair	19.75
Occasional Chair	6.95
Small Easy Chair	12.75
Secretary	29.75
Bookcase	6.95
Occasional Table	5.95
End Table	3.95
End Table	3.95
Coffee Table	4.75
Desk Chair	4.95
Large Rug	26.95
Small Rugs	9.50
Two pairs Draperies	13.50
	$204.15

The Dining Room

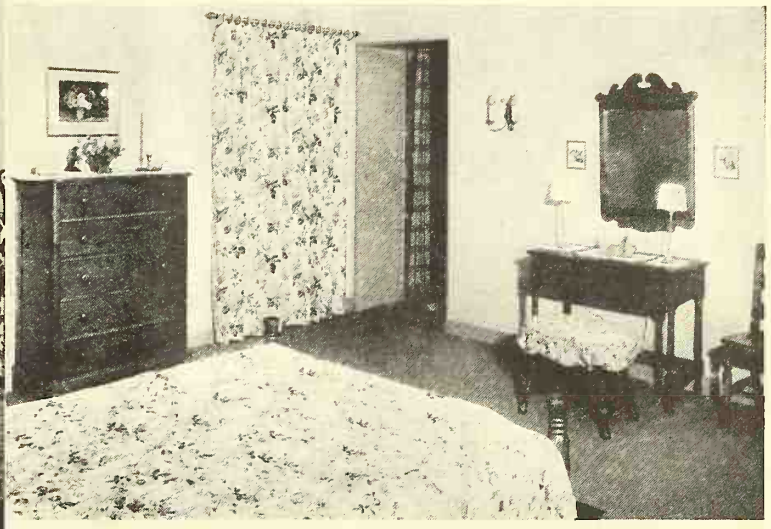
The dining room is divided from the living room by a large arch, therefore the color scheme ties right in with the other room. Here the 9x12 Axminster rug is green, and the window draperies are of printed linen, similar to those in the living room but with a rust color background; these also are lined with sateen, have shirred tops, and hang to the floor.

The furniture of antique finished mahogany consists of a tall Welsh dresser, an extension table and four chairs upholstered in rust color tapestry.

Rug, green Jaspe	$26.95
2 pairs of Draperies	13.90
Welsh Dresser	27.00
Extension Table and 4 Chairs	32.50
	$100.35

The Bedroom

The bedroom walls are hung with a simple Colonial wallpaper in green against which the mellow maple furniture is most attractive. The bed is full size and is equipped with coil spring, cotton mattress and a Colonial coverlet. The color scheme, peach, ivory and green, is seen principally in the dainty chintz draperies at the window and is repeated in both coverlet and hooked rugs. Good drawer space is provided in



Above is shown the bedroom, and below, the combination den and guest room

On a Limited Budget

By Edgar Harrison Wileman

★ ★

the chest while the convenient dressing table has a large mirror and chintz covered bench.

Maple Bed, full size	$12.75
Chest of Drawers	27.00
Dressing Table	19.75
Night Table	3.25
Dressing Table Bench	3.95
Maple Side Chair	3.95
Cotton Mattress	5.95
Coil Spring	5.95
2 Feather Pillows	3.90
2 pairs of Chintz Draperies	11.90
1 Bedspread	2.95
2 Small Rugs (Hooked)	7.78
	$109.08

The Den

This pine panelled room is stained a light grayed green and finished with wax. It could be used as a student's room or for guests. It would be well to add a chest of drawers if the room is going to be in constant use. For bed or lounge a denim covered day bed is shown with three linen covered pillows for comfort and color. There is a large maple chair with a gay chintz covering in rust, yellow and green, and a small side chair for use with the neat maple writing table.

A 4x6 ft. embroidered Numdah rug of goats' hair is laid over a hardwood floor, and two pairs of colorful crash draperies are hung from painted wooden poles. They are of a heavy fabric similar to monks cloth with bands of various colors, and are unlined as the material is reversible. An old map and some sports prints decorate the walls; a small radio is also provided but is not included in the budget.

Day Bed upholstered in denim	$9.75
2 pairs of Draperies (Crash)	9.90
Numdah Rug, 4x6 ft.	5.95
Maple Arm Chair, chintz cover.	9.95
Maple Side Chair	3.95
Writing Table	7.00
	$46.50

In the kitchen the budget merely allows $40 toward the purchase of kitchenware and equipment not provided in "kitchen showers." Most modern homes are now equipped with mechanical refrigeration which, if one is building, is included in the cost of the house rather than the furnishings. If a kitchen range is to be bought, allow around $100 more for a good one, with oven heat control.

The decorative accessories throughout the house, as selected and shown in the illustrations, are in keeping with the general furnishings both in style and price. If such things were to be included in the cost of furnishing, then about $100.00 would have to be added or less expensive draperies and furniture substituted. All of the draperies listed are made up with the full 50-inch width of the fabric, are shirred at the top with three draw cords and, except for the den, are lined with ecru sateen of a good quality. All hang to the floor. The reason these better draperies were included in the budget was that nothing furnishes a room quite so well as smartly tailored draperies, of ample width.

It is felt that a home furnished in this way would not soon be out of style as the articles are all very conservative in design.

Lazy Days in A Vacation Cabin

By

Percy Chamberlain

A Sunset Cabineer of Los Angeles

YOU have to be a confirmed, dyed-in-the-wool "cabineer" to understand the thrill I get each year, when I come to the end of the road and catch that first glimpse, after a winter of impatience, of my little cabin, half hidden in the trees. You have to have something of primitive man in you to know just what it means to me.

For I seek, along with the growing army of cabineers, something more at vacation time than a continuation, in a different setting, of the life I lead at home. As best I can, in the age in which I live, I want to put civilization behind me. I want to take from forest and hillside the raw materials with which to make my retreat more attractive. I seek the hard, physical, health-building work which turns these materials into articles of convenience and utility. I want to saw and hammer and paint—to wear old clothes, pack water and split wood. A store "just around the corner" would absolutely spoil my vacation.

We rest in action, we cabineers. Each year we find the time too short for half the things we planned to do "next year." Nevertheless, each season adds something to the attractiveness of our cabins and our pride in our accomplishments far transcends their actual worth.

For example, our books are held in place, on the rustic living room table, by natural rock book ends. We found them just as they are, flat on one side and bottom and well matched as to size and color. Near by is a rustic candle stick, made from a section of tree branch. I bored a hole in one end for the candle and fitted the other into a round base, cut from a piece of slab with the bark on. I shaped the handle from a twig, bent into place and fastened while green. I have made several of these attractive rustic candle sticks, of various shapes and sizes, some holding two and three candles. If you keep your eyes open, as you hike through the woods you will find many odd pieces which lend themselves to this purpose.

Speaking of candles reminds me of the miner's "bug" which always hangs near the back door of our cabin. This serves as our lantern. It was made from a five-pound lard pail, the handle having been removed and placed on the side so that, when carried, the open top of the pail points forward. In the side which has now become the bottom, two slits were cut in the form of a cross, about one inch long, and pressed inward slightly. A candle, shoved through this opening until the wick end projects about two inches into the "bug" completes a very satisfactory night light. It will throw a beam in any desired direction and it requires a very strong wind to blow it out. These "bugs" have been in use in western mining countries for many years and are very practical.

Year by year, we have developed many inexpensive ideas to make our cabin comfortable and home like. Our window curtains are made of bleached flour sacks, sewed together in the proper width and length to fit each window. Each curtain is bound with a strip of red gingham, about three inches wide, running the length of the curtain. They hang on slender rustic poles, in the ends of which I bored small holes to fit ordinary ten-cent store hook brackets. These curtains add a surprising amount of color to the cabin.

In fact the curtains made the pine board partitions between the rooms look dull and uninviting, in spite of the fact that they were stained. A cut of meat, wrapped in burlap, gave us an idea. The next time we visited the city we found that we could buy this burlap from a packing house at very small expense. Now our cabin partitions are attractively covered with it. It is finished off at top and bottom with quarter round, painted, and the seams are covered with strips to produce a paneled effect. The whole is proof of the possibility of attaining attractiveness at very small cost.

Having learned from bitter experience that wet boots should never be exposed to direct heat, I devised some little gadgets which allow us to hang them in the warmth near the ceiling of the cabin, where they dry quickly without harm to the leather. A piece of wire about ten inches long is first bent double in the center so it will hang on a nail or over a clothes line. The two ends are then bent up so that each will hook into the eyelet of a boot. Simple but most useful.

You always want to get a fire started quickly (*Continued on page 31*)

★ ★ ★

Knapsack Song

COME, let us shoulder the pack. Through the resinous green forest
Follow the trail to the heights where the heather glows wine-red,
Where the white heather clings to the rock, beaded with snow-pure blossoms,
The ice fields stretch unmeasured 'neath the tent of the measureless sky,
And the mountains thronéd in conclave, with fingers of glaciers unhasting
Grave on the ancient rocks their timeless runic inscription.

Come, let us shoulder the pack. Away to the verge of the ocean
Where the gray sands stretch mile-wide to the winds and the wide gray sky,
Where the roar of the waves makes a silence, and the singing sand, slow sifting,
A hush in the din of thoughts; there a thousand thousand timbers
Lie in sun-bleached slumber, lapped in the sand, wave-patterned,
And the quiet dunes landward creeping hide man's weak and transient labors.

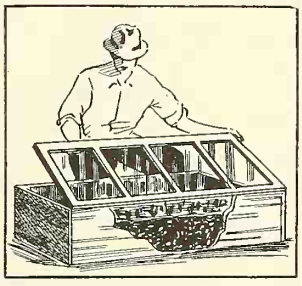
Come, let us shoulder the pack and take the trail with gladness:
For the world is but a shadow cast by a cloud at midday;
Men are only moving insects passing over Death's great ice-field;
They and their toils like spindrift sink in the sands of silence.
Up, and shoulder this day; it is all we have to carry:
For the runic great inscription God will carve in his own season.

—JEAN MACMURPHY,
TACOMA, WASHINGTON.

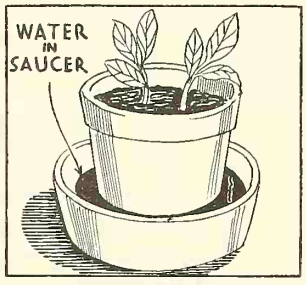
How to Take Cuttings of Favorite Shrubs and Plants

(No. 12 In a Series of All-Western Garden Movies)

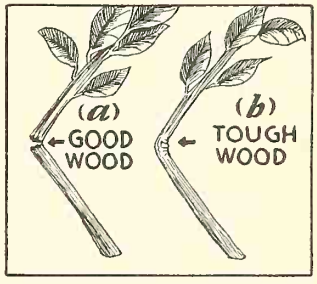
1. Every home gardener may have the fun of increasing favorite plants and shrubs by taking stem cuttings. Soft wooded plants, as geraniums and carnations; also shrubby, hard wood plants as roses and hydrangeas, can be grown by this method.



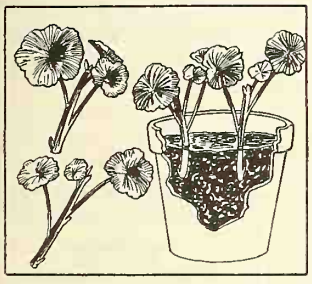
2. For rooting cuttings out of doors, use a flat with removable glass top. For 3 or 4 choice cuttings, use a flower pot in saucer of water as shown in Fig. 3. Provide drainage. Cuttings require moisture, protection from sun, and even temperature.



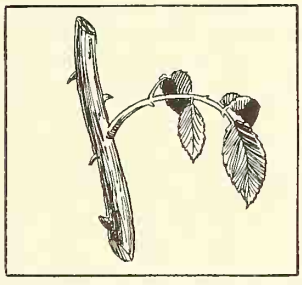
3. No general rules can be given for the soil in which cuttings should be started. Some gardeners prefer sand. In general, a mixture of peat moss and sand, or peat moss and loam is best. Experiment for yourself. The rooting medium must be moist.



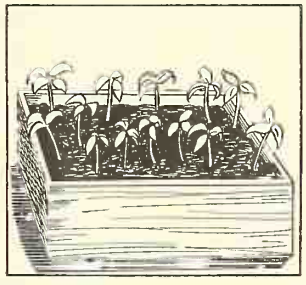
4. Soft wooded cuttings root more easily than do hard wood cuttings. To test a soft wood cutting, bend a shoot of the plant. If it snaps off squarely as in *A*, it is ready. If it crushes as in *B*, the shoot is too old or too young for good results.



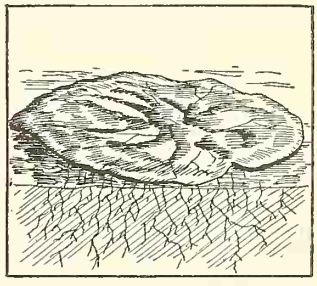
5. Above are pictured cuttings from a pelargonium taken in June. Note that cuts are made straight across, just below a joint. Such cuttings should be kept dry for 24 hours and then placed 1½ inches deep in pot. Keep shaded under glass until rooted.



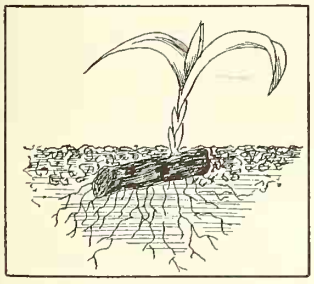
6. Shrub cuttings can be taken either when the shrub is dormant in midwinter or in summer when shoots are beginning to ripen. Use a sharp knife and cut shoots 3 to 12 inches long, cutting below a joint. Above is shown a rose cutting taken in late summer.



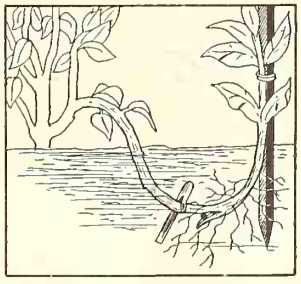
7. Above is a seed flat full of hardwood cuttings. Part of the leaves have been removed to reduce evaporation. The cuttings are set perpendicularly an inch or two deep. Some hard wood cuttings require months to root so they should not be crowded.



8. Certain fleshy leaved plants can be rooted by taking leaf cuttings. In the Rex begonia above, the leaf was simply placed on moist sand in a frame and held down with splinters. If kept moist, shaded, and at an even temperature, it will take root.

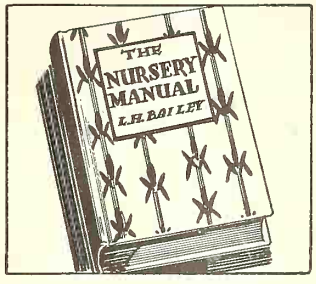


9. Some plants such as the dracena (as well as most fruit trees) can be multiplied with root cuttings. Cut a portion of the root into pieces 1 to 3 inches long and plant horizontally in moist peat moss, or soil. Such cuttings usually require bottom heat.



10. Another way to multiply woody or half woody plants is by layering. The method is to lay down a branch in midsummer, pegging it down as shown, then covering with loam. Keep watered and roots will form; then transplant. Provide a stake.

11. Some cuttings root quickly, others require a long time. Until cuttings are rooted they must be kept moist and warm. When rooted, transplant carefully to pots (firming the soil), and later to garden. Above is shown a properly transplanted holly tree.



12. The above suggestions will help you to grow plants from cuttings. For complete information, get "The Nursery Manual" by L. H. Bailey (The Macmillan Company, price $2.50). You may order it from SUNSET. Drawings used here are from this book.

Orange Sponge Cake
Line layer cake tins with wax paper
Sift flour, baking powder and salt together
SALT
FLOUR
SUGAR
Beat egg yolks in a large mixing bowl
Beat in the sugar and half the orange juice
SUGAR
Add flour mixture and remaining orange juice

The Kitchen

TRADEMARK REGISTERED.

These recipes are designed to be clipped and mounted on cards for your recipe file, or they may be pasted in your cooking scrap book

Orange Sponge Cake

(Illustrated on these pages)

3 eggs, yolks and whites separated
1 cupful of sugar
Scant ½ cupful of orange juice
1 teaspoonful of grated orange rind
1 cupful of cake flour, sifted before measuring
1½ teaspoonfuls of baking powder
¼ teaspoonful of salt

A SUMMERY SUPPER

Jellied Consomme Crisp Salt Wafers
Sweet Pickles Ripe Olives
Tuna Loaf with Pimiento Sauce
Potato Salad with Cucumbers and Tomatoes
Hard Rolls
*Orange Sponge Cake
Sliced Peaches
Coffee, Hot or Iced

Beat the egg yolks in a large mixing bowl, gradually adding the sugar and the orange juice while beating. Add the flour which has been thoroughly sifted with the salt and baking powder and mix well. Lastly, fold in the egg whites beaten stiff, pour into an ungreased angel cake pan or into two medium-sized or three smaller layer tins or a dozen cup cake tins. (It is advisable to line the bottoms of the layer or cup cake tins with circles of wax paper cut to fit.) Bake in a moderate oven (350 degrees), allowing about 50 to 60 minutes for a loaf, or 30 to 40 minutes for the smaller cakes. If baked in a loaf let hang inverted to cool; otherwise turn out on racks when removed from oven. These cakes are excellent with or without frosting. White boiled icing or orange butter icing are particularly good. Or the layers may be put together with orange or lemon filling, and the top sifted lightly with powdered sugar.—Mrs. H. C. G., Watsonville, California.

Rolled Oats Breakfast Muffins

A SURPRISE BREAKFAST

Iced Cantaloupe
Broiled Ham
*Rolled Oats Breakfast Muffins
Youngberry Jam
Coffee

At night before the morning after, put 2 cupfuls of rolled oats into a bowl with 1½ cupfuls of sour milk. In the morning add 1 egg, beaten, 1 tablespoonful of sugar, ½ teaspoonful of salt, 1 tablespoonful of shortening, and 1 cupful of flour with ¾ teaspoonful of soda and 1 teaspoonful of baking powder sifted with it. Beat barely enough to moisten ingredients (do not try to beat all lumps out of the flour), drop into oiled muffin pans, and bake in a moderately hot oven (400 degrees) for 15 to 20 minutes.—D. P., Eagle Point, Oregon.

Tomatoes Stuffed With Olives

GOOD ANY TIME

Lettuce and Watercress Salad with French Dressing
Broiled Steak Bran Muffins
Plum Butter
*Tomatoes Stuffed with Olives
Raspberries Drop Cookies
Coffee

Wash 5 or 6 tomatoes, and hollow out from the stem end, using a sharp knife. Fry a small onion and half a bell pepper, both chopped fine, in butter for 15 minutes, then add the pulp scooped from the tomatoes, and 1 cupful of chopped ripe olives. Add 3 tablespoonfuls of bread crumbs and season with salt and pepper and 1 tablespoonful of sugar. Put the mixture into the tomatoes, and bake about 25 minutes in a moderate oven (375 degrees), or until tomatoes are tender.—Mrs. M. M., Healdsburg, California.

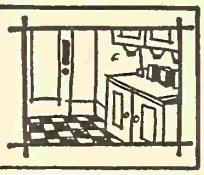
Alaska Rhubarb-Onion Relish

Every time I serve this relish at a dinner party, every woman present goes home with the recipe. It really is delicious, and so "different." It calls for:

1 quart of chopped rhubarb
1 quart of chopped white onions
1 pint of vinegar
1 tablespoonful of salt
4 cupfuls of brown sugar
1 teaspoonful of ground cloves
1 teaspoonful of ground allspice
1 teaspoonful of ground cinnamon
1 teaspoonful of red pepper, if a hot relish is desired

Combine all the ingredients and boil slowly until quite thick. Seal in sterilized jars.—Mrs. W. F. S., San Francisco, California.

Cabinet ~



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Will you share your favorite recipes with other Sunset readers? $1 is paid for every recipe published. Address Genevieve A. Callahan, Sunset Magazine, San Francisco

Green Corn, Fried

In my opinion, most green corn is spoiled by over cooking. Try this way of preparing it, and see if you do not agree that it is much better when barely heated through.

DINNER ANY DAY

Lamb Chops
*Green Corn, Fried
Sliced Tomatoes
Bran Muffins Loganberry Jelly
Fruit Gelatine Coffee

12 medium-sized ears of green corn
4 tablespoonfuls of bacon drippings
1 teaspoonful of salt
1 tablespoonful of sugar
1 cupful of water

Cut the corn from the cob, about half the depth of the grains, and scrape out the remaining pulp with the back of the knife. Mix together the corn, sugar, salt, and water, and pour into a heavy skillet in which the bacon drippings have been heated. Cover, and heat, stirring frequently, until hot, then let boil only about 1 minute, stirring. Turn into a hot dish and serve immediately.—Mrs. J. A. R., Santa Monica, California.

Scrambled Eggs With Green Onions

4 or 5 eggs
2 or 3 teaspoonfuls of fresh or evaporated milk
4 or 5 green onions, chopped fine (including some of the green tops)
Salt and pepper

Beat the eggs slightly with a fork, add the milk, chopped onions, and seasonings, and mix thoroughly. Pour into a hot skillet in which a spoonful of butter is melted, and scramble as usual, being careful not to cook too long. Serve as the main dish for lunch or supper.—B. C., Lihue, Kauai, Hawaii.

A GOOD, QUICK SUPPER

*Scrambled Eggs with Green Onions
Combination Vegetable Salad
Bread and Butter
Fresh Cooked Apricots Flavored with Cinnamon
White Cup Cakes Coffee or Tea

Canned Corned Beef and Vegetable Dinner

3 medium-sized onions
3 potatoes
6 carrots
½ a medium-sized head of cabbage
Salt
1 can of corned beef

Place in a steamer the potatoes, onions, and carrots, and let steam 15 minutes, then add the cabbage cut in thirds, and steam 30 minutes longer. (Sprinkle the first vegetables with salt when adding the cabbage, and salt the cabbage just before adding the meat.) Put in the corned beef, which has been sliced in six slices, and steam 10 minutes longer. Serve on a hot platter with the meat in the center, with the vegetables distributed around the meat. If you are potato-lovers, use six instead of three. This dinner will serve three hungry persons.—Mrs. R. G. D., Pike, California.

A MAN'S DINNER

*Canned Corned Beef and Vegetable Dinner
Mustard Sweet Pickle Relish
Bread and Butter
Fresh Radishes and Green Onions
Graham Cracker Cake Coffee

Venetian Pie

This delicious and unusual pie is right in season at this time. I am sure you will like it.

First, bake a shell of rich, flaky pastry. Then cook 1 cupful of crushed raspberries with 1 cupful of sugar and 1 tablespoonful of quick-cooking tapioca and a pinch of salt until thick. Chill. Shortly before serving, spread this mixture over the bottom of the pastry shell, and over it place a layer of ripe uncooked raspberries, slightly sugared. Over the berries spread a layer of sweetened whipped cream, and over the cream a meringue made by beating 2 egg whites very stiff and beating in gradually ½ cupful of powdered sugar. Slip the meringued pie under the broiler long enough to brown slightly. Other fruits may be used in place of the raspberries; youngberries and peaches are good. Be sure to have the berries and the cream very cold.—Mrs. E. C. F., Los Angeles, California.

DINNER FOR GUESTS

Hot Bouillon Pretzels
Cold Roast Leg of Lamb Hot Gravy
*Alaska Rhubarb-Onion Relish
Hot Boiled Potatoes in Parsley Butter
Sliced Tomatoes, French Dressing
Bran Rolls
*Venetian Pie Coffee

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Who Said Sour Dough?

THE best way to settle this question of exactly how to make sour-dough bread, biscuits, and flapjacks seems to be to give every man his chance and let you, the readers, serve as jury. Here you have assorted ideas on sour-dough cookery from a number of self-confessed authorities on the subject. After trying these on your camp mates this summer, let us know your conclusions.—G. A. C.

MY father, who spent a winter in Alaska during the gold rush, gave me his recipe for this good old standby, sour-dough bread. Follow it and you can't go wrong.

Use a one-gallon jar or crock if you wish to serve biscuits to five persons. Make your yeast or "starter" by sifting one and one-half quarts of flour into the jar. Pour in some milk until you have a stiff batter. Put this in a warm place for at least twelve hours. By this time the batter will be light and airy.

Now you are ready to make your biscuits. Pour out on a well floured board three-fourths of the dough. On this batter sprinkle 1 teaspoonful of sugar, ½ teaspoonful of salt, and ¾ teaspoonful of soda. You must be careful to sprinkle the soda evenly or your bread will be splotched with yellow. Now knead the dough thoroughly, working in the flour until you have a smooth, velvety dough. Roll out about one inch thick and cut into biscuits.

Place one tablespoonful of lard in a baking pan and melt it. Prop one end of the pan up so that the lard will run to the other end. Dip each biscuit in the lard and turn it so that it is well covered with the grease. Fill the pan. You may either allow the biscuits to stand in a warm place to rise for about 20 minutes, then bake them in a *hot* oven for 10 to 15 minutes, or put them immediately into a *moderate* oven and bake them for a longer time—about 20 to 25 minutes. By the latter method the biscuits rise in the oven. The results are practically the same.

If you have any dough left over put it back in the jar with the batter, and put in enough flour and sweet whole milk to make the required amount of batter. In about twelve hours you can serve sour-dough biscuits to a family who will, no doubt, be clamoring loudly for them.

If you wish to make pancakes with this batter, thin it with sour milk and add the soda, salt, and sugar. Beat it about two hundred times and fry on a hot greased griddle. No other pancake is quite so good.

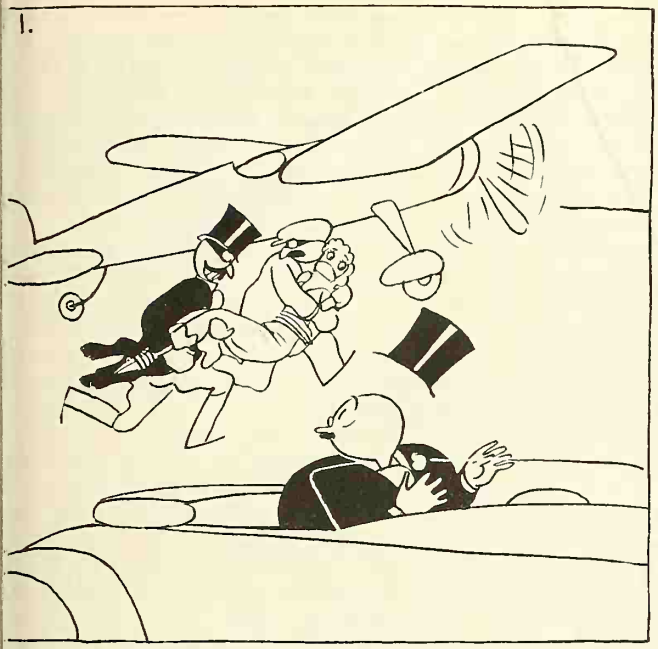
You can also make muffins by thinning the batter slightly with sour milk. Add the soda and salt as for biscuits. Instead of a teaspoonful of sugar, use a tablespoonful. Last, add a beaten egg and mix well. Bake in hot greased muffin tins in a quick oven.—William G. Norwood, Corvallis, Oregon.

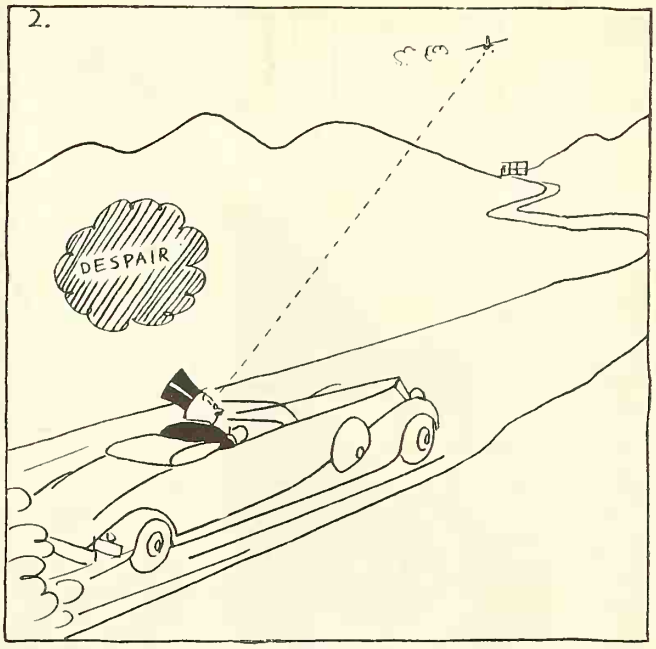
Belly Blankets of a Sour-Dough

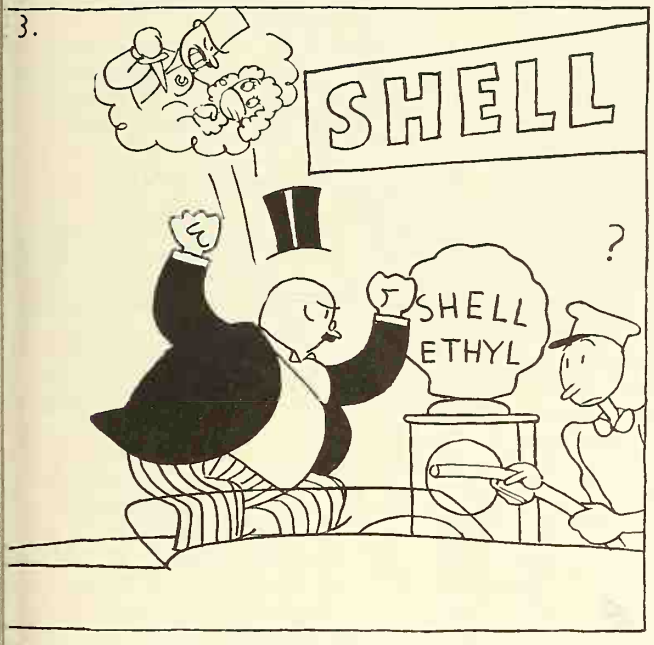
EVER read Songs of a Sour-Dough? They're good — like sour-dough cookery. If you hit the knack of making sour-dough pancakes you or your partner may make a lot of coin writing poetry, too. I learned the art from a real sour-dough—relic of '98—then homesteading in a sod shack on the Saskatchewan prairie. In my turn I taught the cook on a survey party running lines well north of fifty-three. He improved on my method by adding a wee pinch of baking powder. Talk about songs! After inhaling a dozen or so of the brown and amber master-pieces from his smoking skillet that gang of roughnecks hiking, axes over shoulders, through the woods to work were transformed into mockingbirds and nightingales.

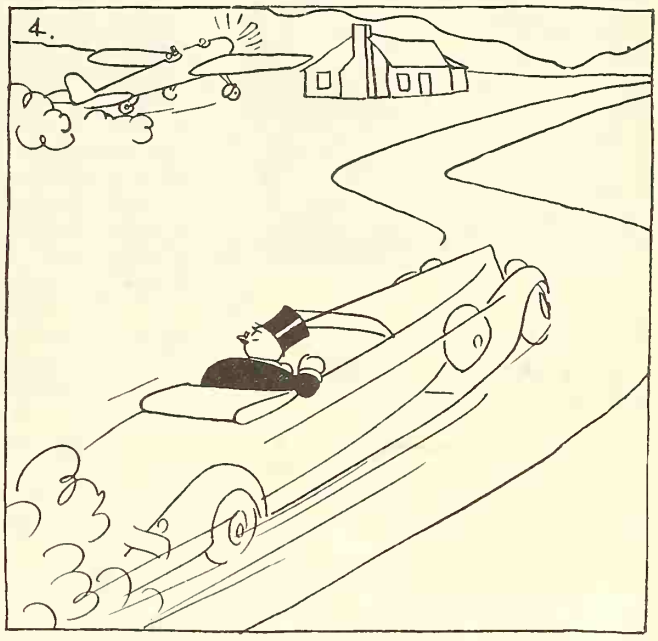
In the words of America's most popular *bon mot* for 1933, here's how! To about a pint of bread dough borrowed from your wife's baking, add enough water to make a heavy batter. Set aside in a warmish place for a day or two until it is nicely sour. Then add 3 or 4 cups of flour and enough water to make a pancake mixture of the usual consistency. A pinch of salt, of course, and that's all there is to that.

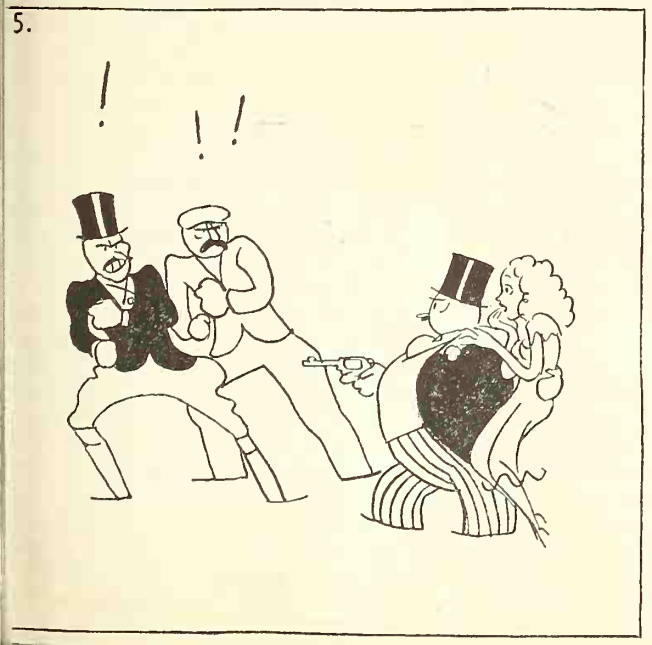
If you add the baking powder better











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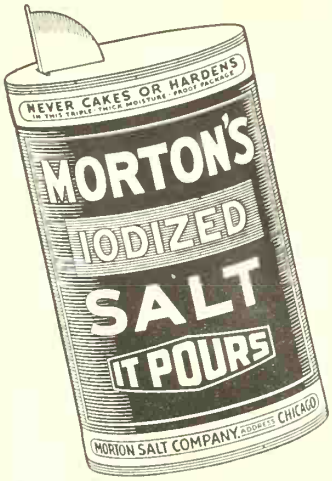

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mix it into the dry flour first. Needless to say, a real sour-dough would disdain using baking powder but for our modern and more effete tastes the inclusion results in a feathery belly-blanket that absorbs maple syrup and melted butter in a way to make a sponge look like a piece of inner tube. Leave about as much batter in the bottom of the tin as you had to start with and that is your "starter" for tomorrow. (By the way, I hope you notice the fine, large indifference I have for exact measurements!)

If your wife cannot supply you with the needful lump of dough as a starter, make one yourself by dissolving about a quarter of a yeast cake in a cup of warm water. Stir in a little flour and let stand until it sours.

A heavy factor in the popularity of sour-dough hot-cakes apart from their very desirable edibility is that the can and spoon don't have to be washed oftener than once a month or so. By that time the encrustations and stalactite—or is it stalagmite?—growths are getting a bit troublesome.

You may, of course, make sour-dough-gods or bread in the same manner. Add flour to the required stiffness. For bread set to rise a few hours. It's all very simple. Blest if I can see what there is about a bit of cooking that women make such a fuss about.—F. J. Whiting, Hermosa Beach, California.

Be Careful How You Flop Them

HAVE you ever investigated sour-dough cookery? Sour-dough flapjacks and biscuits are a delight and a delicacy after some of the gastric monstrosities that have found their way to my tin plate.

First procure a wooden bucket, then find a loose-fitting cover for it. Take about 3 cups of flour and make a sticky, rather thin paste with water. Add to this, 1 cake of yeast—dry or compressed—either soaked or mixed to a paste in a little water, and stir the whole mass together in the bucket; then place the cover loosely on top. That the cover is loose-fitting is important. The story is told of a tenderfoot who placed a stone on the cover of his sour-dough bucket. One warm afternoon he heard a muffled explosion. There was sour-dough everywhere, and the poor lad didn't dare to go near camp until the rock came down. A bit exaggerated, perhaps, but it conveys the idea.

The bucket must be kept from extremes of temperature at all times—some warmth is essential. During a cold night, the activity of the yeast will be retarded, but the yeast cells will not necessarily die. Keep the sour-dough "working" by stirring in a little fresh flour paste each time you use some for cooking.

Sour-dough flap-jacks and coffee constituted the most palatable breakfast I have ever eaten in camp. In the evening amount of batter. This will be about half as much as you think necessary, for sour-dough is like rice, and on my first attempt with that deceitful food, I had enough boiled rice to feed the army. If you keep the bucket in a warm place during the night, you will find the sour-dough has risen to a light frothy mass by morning.

Now pour out enough sour-dough (leaving some to go on "working") into your mixing pan, and stir in 1 egg (I have never tried egg powder), 1 tablespoonful of sugar, ½ teaspoonful of salt, and ½ teaspoonful of soda. Beat well. Proceed to fry your flapjacks, using a large iron frying pan, plenty of grease, and a slow fire. In turning them use a turner and do it easily, or they will "fall," just as a cake does when you slam the oven door. Never toss the cakes up in the air and catch them; leave that to the iron-stomached prospector—he alone could digest the leather discs that result from "flapping" your hot cakes.

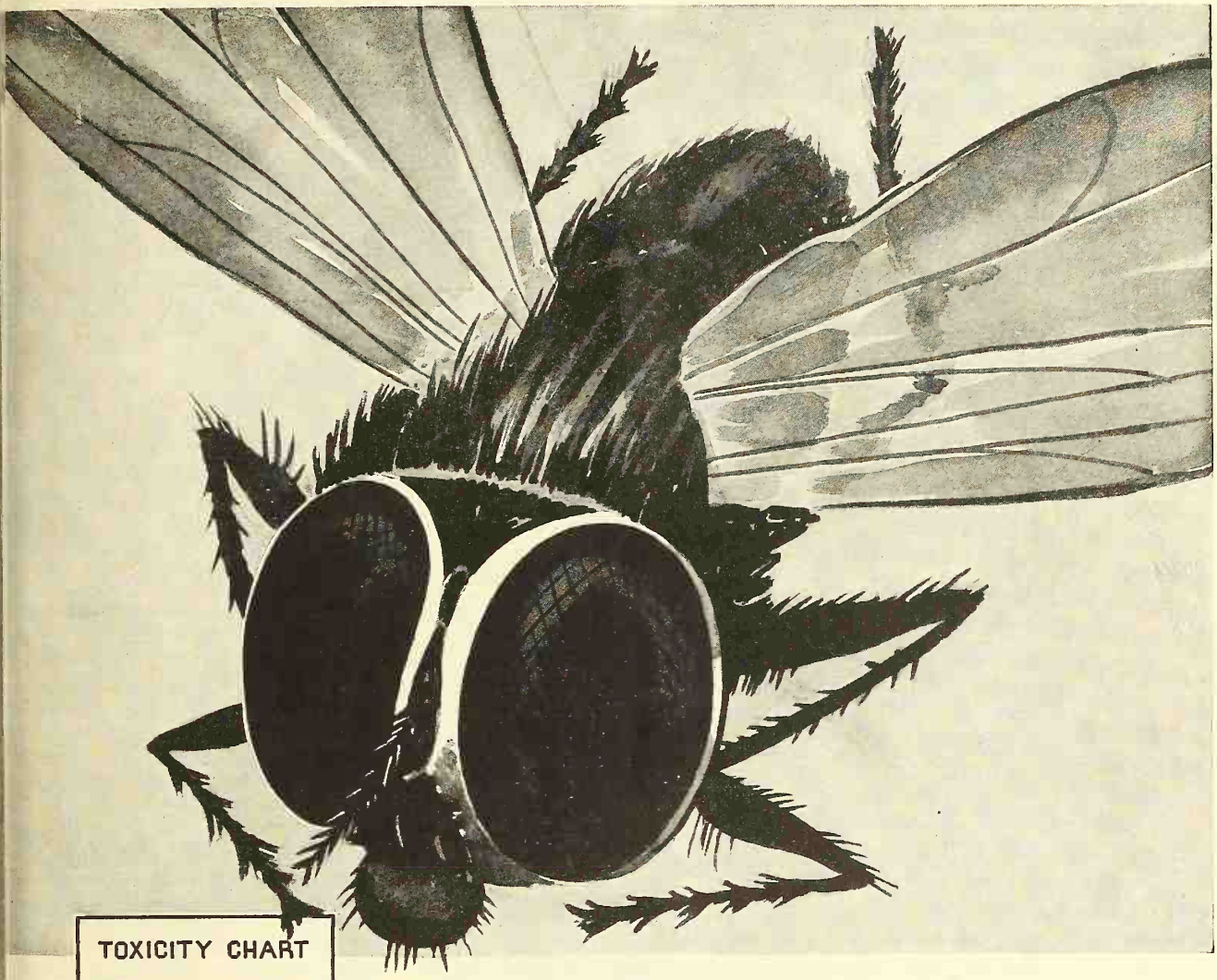
With little practice you should be turning out crisp, thick flapjacks, done clear through and light as feathers. —Graham Heid, Alameda, California.

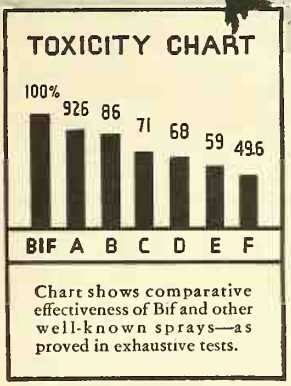
Ranger's Bread

THIS is a simple and effective way of making splendid bread or biscuit for the permanent camp or at home, and is much easier for the inexperienced camper than it would seem.

Take a common lard pail (the half gallon size) or any covered small bucket, and in it mix a simple batter of flour, warm water, a pinch of salt, and a heaping tablespoonful of sugar; about a quart of flour is used, and when mixed with water it makes a little more than a quart of batter. Do not make the batter thin—it should be rather thick. Cover the pail loosely and set it aside in a warm but not hot place; one side of the fire will do. When it lifts the cover of the pail—which it will surely do—it is ready for use.

Take all of this and knead into it sufficient flour to make a good, stiff bread dough, but not too stiff. This you can knead all you wish. Roll it out and spread over it a tablespoonful of softened lard or other shortening, a tablespoonful of sugar, and a teaspoonful of soda. Knead again, working all this well into the dough, then form into loaves, or take off small bits of dough and roll them into balls for biscuits, or roll out the dough and cut into biscuits, whichever you wish. Put into a greased pan and set in a warm place until the loaves or biscuits rise to double their original size, then bake until done. You now have as delicious a biscuit as your baker ever turned out. The only essential to success is care, particularly in keeping the batter warm and the biscuits warm while rising.—Philip J. Bona, Chehalis, Washington.





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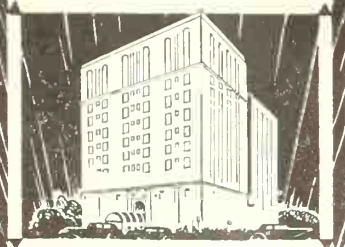

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Extra-Good Ways with Western Fish

By Bertha E. Shapleigh

IT is practically always a good idea to eat more fish! Considering the great quantities of fish yielded up by the Pacific Ocean, and the fresh fish from rivers and lakes, we really do not serve enough fish to our families.

Someone has said that small fish should swim twice, once in water, and once in oil. It is true that small fish ("pan fish") taste better or more appetizing if fried until the skin is crisp. Beware of cooking fish too long a time; of course, it must be cooked sufficiently to remove the raw taste, but not so long as to make it dry and tasteless. When the flesh will "flake" or come away from the bone, the fish is cooked sufficiently. When boiling a large fish or a thick section of it, allow 10 minutes to each pound. Small fillets of fish will cook to the right stage in 10 minutes; and small fillets are excellent when baked, allowing the same time for cooking. A small amount of boiling water into which the juice of a lemon has gone, should be placed in the pan; and this liquid should be used for the sauce to serve with it.

Fillets of Sole with Shrimp Sauce

If the fish is to be served as the main course, one large or two small fillets for each person to be served should be allowed. Season fish with salt, paprika, and lemon juice. If the fish market has prepared the fish, have them send bones and trimmings. Put bones and trimmings into a saucepan with cold water to cover, add a small onion, a sprig of parsley, and a bit of bay leaf, and cook slowly for 30 minutes. Strain, and use some of this liquid in the pan with the fillets. Bake in a moderate oven (375 degrees) 10 to 15 minutes. Remove to a hot dish and keep hot while making the sauce.

Shrimp Sauce

3 tablespoonfuls of butter
3 tablespoonfuls of flour
½ teaspoonful of salt
A little pepper
1 cupful of fish stock (already made from bones and trimmings)
½ cupful of cream or evaporated milk
1 tablespoonful of lemon juice
1 cupful of shrimps (canned or fresh) cut into small pieces
6 or more whole shrimps

Melt butter, add flour, salt and pepper, and when blended to a smooth paste, add the fish stock. Bring to boiling point, while stirring constantly, cook one minute, add cream or milk, and cook without boiling 5 minutes. Add shrimps and keep hot until ready to serve. Place fillets of fish on a platter, with the whole shrimps, and pour over all the lemon juice. Canned lobster may be used in place of shrimps.

One important rule is to season all fish with salt and pepper before cooking. Rub salt over the flesh of fish, and allow to stand for a few minutes before cooking.

Oil, commercial hard fats, bacon fat, or lard may be used for frying or sauteing.

On a hot day, why not serve the fish cold for dinner, accompanied by hot vegetables? Salmon is especially good cold, and the salmon in western markets is so very good. Two recipes follow; both will be enjoyed I am sure.

Cold Salmon Timbales with Cucumber Sauce

1 pound of fresh salmon (canned may be used)
1 teaspoonful of salt
6 peppercorns
1 tablespoonful of vinegar or lemon juice

Custard Mixture:

½ tablespoonful of salt
½ tablespoonful of dry mustard
2 tablespoonfuls of sugar
2 egg yolks
1 cupful of sour cream, or ¾ cupful of thin sweet cream, or diluted evaporated milk
¼ cupful of vinegar
1 tablespoonful of gelatine soaked in
¼ cupful of cold water

Place salmon in cold water to cover, adding the teaspoonful of salt, the peppercorns, and the vinegar or lemon juice. Place over fire, and cook gently after the water begins to boil, until the fish flakes easily from the bone. Remove from water, cool, remove skin and bones, and separate fish into small pieces.

Mix the salt, mustard, sugar, and egg yolks to a smooth paste, add cream and vinegar, and cook over hot water until the mixture thickens and coats the spoon. Add the soaked gelatine, and when it has dissolved, strain the custard over the salmon. Pour into individual timbale molds, which have been wet with cold water, and put away in a cold place until serving time. Remove from molds and serve with Cucumber Sauce, made by beating until stiff 1 cupful of cream, sweet or sour, and adding to it 1 tablespoonful of vinegar, ½ teaspoonful of salt, and 1 cucumber, pared and chopped fine.

The cucumber should have large seeds removed, and after being chopped, should be pressed in a cloth until the juice is removed, in order to not dilute the cream.

It is nice to serve these timbales on cold plates, and pass hot buttered peas or green string beans, and French fried potatoes. This combination of foods

Mayonnaise of Fresh Salmon

2 slices of fresh salmon, giving 8 fillets
1 slice of onion
Bit of bay leaf
6 peppercorns
½ tablespoonful of salt
1 tablespoonful of vinegar
Cold water to cover fish
Mayonnaise
Gelatine

Cook salmon with seasonings, which will take about 10 or 15 minutes after the water begins to boil. The reason for starting the cooking in cold water is that the fish is firmer and keeps its shape. When fish flakes easily but does not fall apart, remove to a flat dish, carefully scrape off the skin, and lift out the backbone, leaving four fillets from each slice. Cool, and prepare the coating. To each cupful of mayonnaise, add 1 teaspoonful of gelatine which has soaked in one tablespoonful of cold water, and dissolved by placing the cup which holds it in hot water. Add the gelatine slowly to the mayonnaise, stirring all the time. Cover fish fillets with this mayonnaise, and smooth the sides, using a spatula. Chill. At serving time place shredded lettuce on a platter; in center place a mound of mixed vegetable salad, dressed with well seasoned French dressing. Radiating from this mound of salad place the fillets of salmon, carefully trimming off any ragged edges of mayonnaise. Around outer edge of platter place small leaves of lettuce, or small bunches of watercress, and sliced cucumbers, dressed with French dressing. The combination of colors—the pink of the salmon, yellow mayonnaise, shades of green in the salad, lettuce and watercress, with pale green cucumbers—is pleasing to the eye, and the whole pleasing to the taste.

This dish served on a warm night, with hot rolls and coffee, and a simple fruit dessert, will be most acceptable. It is always wise in serving a cold meal to have at least one hot dish, either soup or coffee.

Broiled Fillets of Bass

Bass is best, perhaps, when broiled. Season the fillets with salt, pepper, and a little lemon juice. Place under the broiler and cook for 10 minutes, having the fish far enough away from the flame to prevent burning. Remove to hot platter and pour over the fish a sauce made as follows:

Brown Butter Sauce

4 tablespoonfuls of butter
1 teaspoonful of Worcestershire sauce
¼ teaspoonful of paprika
½ teaspoonful of salt
1 tablespoonful of parsley, chopped

Brown the butter, being careful that it does not become too dark, add seasonings and pour over fish. Simple, but good.

The numerous ways of serving shell fish (oysters, clams, lobster, crab, shrimp and abalone)—that is another story!

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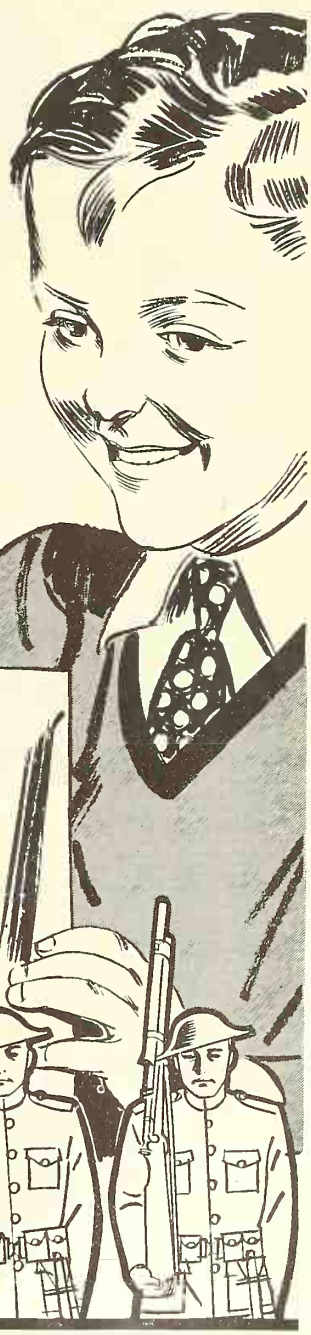

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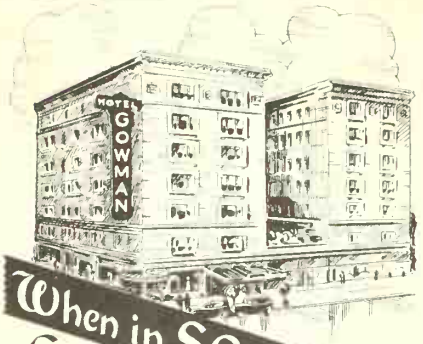

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Tricks in Canning Clings

By
Gladys Pullen Barada

"WHY can clings?" some may ask. My answer is, because they are richer, hold their shape better, and canning brings out their "peachy" flavor. Canning subdues and changes the flavor of freestones. "But clings are tough!" many women will tell you. No, clings are not tough if they are canned correctly.

Many persons are missing the superlative goodness of canned clings because they try to can them just the same way they would can freestones. There is a trick to canning clings that will make them just as tender as you want them. The trick is in the cooking before canning, as you shall see. This method was taught me by my mother. It has been in use in our family for years and years.

Clings are of many types and kinds, from the rich yellow Sims Cling to the White Heath. In our family we like these two best, but you may care more for others.

If you are in doubt about the quality of any kind of clings offered in the market, buy a few of them, take them home and cook as for canning and then serve. If the family likes them you can buy your canning quantity. To be really good, clings should form a rich, thick syrup naturally, after the sugar is in. A cling that does not give this thickness to the syrup is not desirable for canning. Many peaches, when cooked, show a syrup that is thin and watery, even though you add lots of sugar; these are not good canning peaches.

The first thing to do on canning day is to put your jars to sterilize while you prepare your fruit. First wash peaches in plain water that is fairly hot. If the water is hard, add some water softener to this first water. Scrub them thoroughly with a rag to clean off every particle of dust and fuzz.

Handle only five or six at a time so they will not soak long in either of your first two waters. From the first water, drop them into the second, which should be good and hot. Take them right out and drop them into cold water and then into another cold bath, until the water remains clear and clean. Then they are ready for peeling.

Peel and take the seeds out, using a peach pitting spoon. Reject all rotten spots and discolored portions and all seeds that are broken. Then put the peelings and seeds on to boil with enough water to cover two or three inches above the level of the peelings.

Boil long enough to get out all the juices—at least ten minutes—and then strain the water off the peelings, *measure exactly*, and pour it over the peeled peaches; put them on to boil over a slow fire and stir every few minutes while cooking. The water should come about an inch below the top of the peaches in the pot. Boil until fruit is tender enough to pierce with a silver fork.

And there you have it—the little trick which makes clings tender. You boil them without sugar!

Now, while they are boiling, you melt or dissolve your sugar, using just enough water to do the melting—say about a quart to five pounds of sugar. The sugar should be entirely dissolved and boiling hot when the peaches grow tender, for the very moment they are tender you must add the sugar. Take as many cupfuls of the melted sugar as the quantity of water used above calls for, and pour over the peaches.

"And how shall I figure that out?" you ask. Well, if you like your canned peaches very sweet you'll use one cupful of melted sugar to two cupfuls of water.

If you like your peaches not so sweet you will want about one cupful of melted sugar to four cupfuls of water.

Having added the sugar, allow the peaches to come to boiling, boil about a minute, and they are ready for the jars.

You will note that this is the open kettle method of canning. This method is, of course, the only practical one for canning clings, quinces, or any other fruit that must be made tender before the sugar is added.

Freestone peaches and soft fruits are best canned by the cold pack method; that is, packed into jars raw and the hot syrup poured over them and then processed. Or you can use the open kettle method by dropping the peaches directly into the syrup, boiling for the required time, and then canning.

Open Kettle Canning Secrets

SUCH fruits as cling peaches and quinces, which must be made tender before adding the sugar, are best canned by open kettle methods.

Many women, however, complain that they are not successful with open kettle methods. The fruit does not keep well. Here is a good method to follow, and you will not lose a jar if you follow instructions exactly.

First wash your jars and lids in soapy suds and plenty of them. Rinse through two or three waters. Put a rubber in place on each jar. Turn the jars upside down in your wash boiler or a large kettle, with a few inches of hot water in the bottom of it. (Be sure to have a wire screen or something which will keep

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them from contact with the bottom of the boiler, and of course you've scrubbed your boiler until it is immaculate.) Put the lids to boil in a large saucepan of water, and let them boil half an hour. This is particularly important when old lids are being used. The jars will sterilize while you are peeling your fruit, and then you'll need one of the burners the boiler is sitting over and can turn it sideways, so only one is needed to keep it hot until you are ready for the jars. Cook your fruit in an open kettle, over the burner thus released.

Have your work table at the left of the stove. Have your boiler over the burner at the right. Next to the boiler have a large open saucepan with water boiling in it. This is the trick which insures success. *You take the jar from the boiler and set it in the pan of boiling water.* (Be sure to put the lid back on the wash boiler with its steaming contents after taking each jar out. That will keep them sterile.)

Meantime you've had the ladle with which you are to dip your hot fruit boiling right with the fruit in the open kettle. With this sterile ladle you dip the fruit into the jar.

Wipe the top of the jar with a dry rag that has been boiled and dried in the hot sun.

Lift the jar lid from the pan of boiling water with a fork in the right hand and a cloth in the left, so that you do not touch the underside of the lid with anything but the tines of the fork. Also, do not turn the lid underside up, but keep it turned down until it is quickly transferred to the top of the jar, and screwed or clamped tight.

Be careful not to touch the top or inside of the jars with your fingers because your hands are the only unsterile thing you are using, even though you have previously washed them in a disinfectant, as you should. Change your cloths several times during the canning process.

On the table at the left of the stove you will have your supply of clean lids and it will receive your finished jars. Cover it with newspapers.

Putting the rubbers on your glass jars before putting them into the boiler will save you burned fingers trying to put them on after they are hot. Be sure to use new rubbers every year. Old ones are doubtful economy.

Glass topped jars can be turned upside down as you finish them, but don't invert any of the metal-topped jars.

to carry a few paper bags in the automobile. Many a berry pie has been lost for want of a bag to hold countryside berries.

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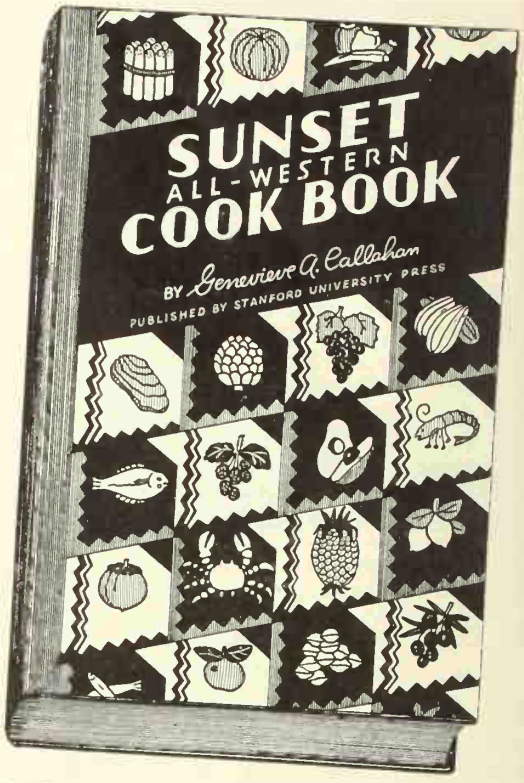

Visualize this book as it really appears—224 pages thick, dimensions 6x9 inches, smart green and black and silver cover—and you have some idea of how attractive it is. The main chapter headings, reproduced in miniature at left, show the wide scope of its contents. See coupon on opposite page for directions for securing your free copy of the Sunset All-Western Cook Book

NOT just "another cook book" by any means, is this brand-new *Sunset All-Western Cook Book.* In fact, it is just as different from the usual general cook book as SUNSET is different from other magazines. And that difference lies chiefly in its "western-ness."

You see, ever since the new SUNSET was started, not quite five years ago, we have been lamenting the fact that there was no one book that told the things a western homemaker wants to know about the many unusual fruits and vegetables and nuts and fish and game that the West produces. In fact, it is almost impossible to find some of our popular western foods in the standard books on general cookery written and published in the East. Persimmons, nectarines, celery root, pomegranates, fresh prunes, artichokes, abalone, flying fish, geoducks, sand dabs—these are just a few of the many that are ordinarily ignored in eastern publications. What to do about it? Well, the best solution seemed to be to write such a book—and here it is!

Here is a book that does not begin with soups and appetizers and proceed through all the courses of a meal in the traditional way. Instead, it takes up one product at a time, and gives recipes and suggestions for serving it, right then and there. This manner of handling the recipes fits in with our usual procedure in meal planning, doesn't it? For instance, you may have a vague idea that you'd like to serve zucchini or some other kind of summer squash for dinner tonight: it's cheap, no trouble at all to prepare, and is light enough to fit in with the rest of the dinner, but the family usually objects to having it served the same old way. Open the *Sunset All-Western Cook Book* to "Squash," (you look it up alphabetically, just as in a dictionary) and what do you find? First, almost a page of discussion of the different varieties and how to select the best and tenderest ones; then a collection of sixteen extra-good ways of preparing summer squash and zucchini, ranging from simple to more elaborate in style. You may take your choice among "Summer Squash with Catsup," "French Fried Zucchini," "Summer Squash Custard," and the other delightful recipes for preparing this sometimes uninteresting vegetable. Does that give you an idea of how the book works?

One of the features of this *Sunset All-Western Cook Book* that has already received much commendation is the little introductory description and discussion of each food product as it is taken up. Under "Artichokes," for example, is told something of the production of this remarkable vegetable, which is really the flower bud of a giant thistle; how to select the best artichokes in the market (and remember, they are not always the highest priced); how to prepare and cook them; how to serve them, hot or cold; and even how to eat them gracefully. Under "Huckleberries," the discussion points out differences between western and eastern grown berries. Under "Clams," the varieties of western clams are named and described. Recipes, of course, are furnished with each. This is the system followed throughout, thus making the book an exceptionally useful reference for school as well as home. Classes in Home Economics particularly will find it helpful, and geography classes may like to refer to it, too.

Thoroughly western from cover to cover is this cook book. Look at the reproductions of the main chapter headings here at the center of the page, and you will see how comprehensive it is.

Its 224 pages are crammed with just the sort of things you have consciously or unconsciously wanted to know about both the common and uncommon western food products. There are 38 pages devoted to "Western Vegetables;" 82 pages given to "Western Fruits and Nuts;" 52 pages to "Western Fish and Game;" 10 pages of "Favorite Foreign Dishes"—just the recipes that you are most likely to want to make in your own home; and 20 pages given over to "Western Canning, Preserving, and Pickling," including dozens of specially selected recipes for jellies, jams, conserves, preserves, and pickles, which are certainly timely right now. I wish there were space to reproduce the entire table of contents on this page, so that you might see the really great scope of this hand-book on the preparation of foods produced in the West.

You will like the usableness of this book. New in cook book printing is the style of setting each page of type in two narrow columns, thus making it much easier for the eye to follow the lines. Good big type adds to its readability. The well-bound book lies flat wherever it is opened. The recipes are written in the same friendly, clear, "easy" manner as those that appear in SUNSET Magazine—but remember that these are *new* recipes, not reprints of those that have appeared in SUNSET except in a few instances where it seemed wise to republish some that were especially popular.

I hope you will want a copy of this book, and that you will like it so well when you get it that you will show it proudly to all your friends and neighbors, and tell them how they, too, may obtain a copy of it. At the lower right hand corner of this page you will find directions for securing the *Sunset All-Western Cook Book*—the book that was written just for you!

When building our cabin there seemed no space in the kitchen for a refrigerator, but I soon found that I must have one. A hole the size of the refrigerator door was therefore cut in the kitchen wall and the ice box set outside so that its door opens into the kitchen. Later the exterior of box was covered with slabs like the house. We are enthusiastic over this idea and hope that other cabineers can use it.—J. D., San Diego.

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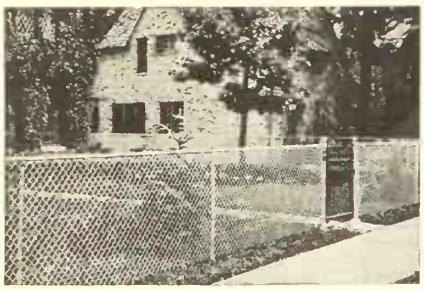

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Western Health and Beauty

By Barbara Lenox

LAST month we outlined briefly the three essentials of skin care—cleansing, toning, and protecting. The toning and stimulating of the blood stream are so important to skin health and beauty that we want to give you this month a few more details on the why and how of circulation.

According to Dr. A. Rocke Robertson of Seattle, "The three graces of a good complexion are cleansing, blushing, protection." Dr. Robertson uses the word blushing instead of toning because it more accurately describes the type of stimulation which is desirable. We can stir the blood stream by slapping the skin, but this is likely to break down the delicate tissues. We can bring blood to the surface by using heat on the skin but again this is likely to do more harm than good. Blushing the skin is desirable because it means a gentle but thorough stimulation of the blood, without irritation or inflammation. Are you wondering why this is so important? Here is what Dr. Robertson says:

"The key to health of any organ or tissue is circulation. Imagine if you will, a tiny part of the skin where cells are to be found perched like tiny cabins on the bank of some tiny blood stream. Blood being the source of all needs brings food and fuel oxygen to cells, and also carries away all waste products of cell activity. With abundant circulation all cells are perfectly fed and fueled, and then are perfectly housecleaned of all cell waste."

Wrinkles, dull, lifeless skin, sallowness, etc., indicate impaired circulation, so if you want a clear elastic skin that simply won't wrinkle or do unpleasant things, do "blush" the skin every day.

How is this to be done? Well, in the skin there are myriads of sensory nerve cells which we can invoke at all times to produce abundant circulation, and as a result of research of chemists and physicians, we have available products which react on these nerve cells causing a "blush," which in turn feeds the skin the vital elements which keep it elastic and free from wrinkles and other blemishes. More information about the products themselves will gladly be sent on request.

Now that we know that the skin is fed by the blood, it is obviously important that the blood should be as pure as possible. The quantity and quality of the blood are governed by the food we eat. Diet fads are dangerous as they often deprive the body of important elements, but it is well for the sake of health and beauty to indulge more in beneficial foods and less in foods which are a handicap to the organs of the body. Each individual has different requirements, and those who are anemic, nervous, or suffering from any type of illness should have a diet outlined by a competent physician; the average person, however, will benefit in skin health by eating abundantly of vegetables, particularly the leafy type.

Fruits purify the blood and supply important mineral salts. Orange, lemon and pineapple should be put on your list of beauty aids. Lemon juice in hot water taken half an hour before breakfast is grand for the complexion, and so is just plain water taken in large quantities each day. Among the foods which are a handicap to skin beauty are rich cakes, pies, fried foods, starches in excessive amounts. If you crave sweets, concentrate on dates, figs, and honey. Try eating for health and beauty as well as for taste, correct any tendency toward constipation, and wash the lungs out daily with the best brand of air you can find. There is a great deal more to be said about complexion diets, but we will have to continue in another issue. For the present, remember that the skin is fed by the blood and not by external applications, and because of that fact, stimulation of the circulation and a sensible diet are important. Write me if you want more information.

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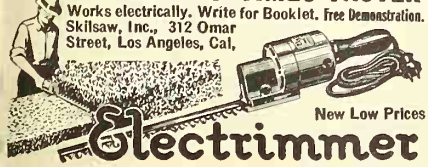

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Cabin Ideas

(Continued from page 16)

in the morning, after you have jumped out of a warm bed. For that purpose I keep a can of "dope" (the only name I have ever heard for it) back of the stove, ready for use. The sawdust, collected under the saw buck, is mixed with just enough kerosene to make it good and moist. A couple of spoonfuls will make a roaring fire in a jiffy, without the use of kindling.

One of the most useful things we have in the cabin is also the simplest. This is a flat rock which we keep on the back of the stove. It serves to keep plates warm without overheating them and as a place for tea kettle or skillet when the stove gets too hot.

My cabin is of log construction and it is necessary to do a certain amount of "dobbing" to keep it tight. This is the process of filling the cracks between the logs with mortar or cement. Some call it "chinking," but this term more properly applies to the pieces of slab which are usually put between the logs on the inside. Instead of a mortar board and trowel, I use a common dust pan, with square corners, and an old table spoon. The dust pan, containing a supply of the dobbing material, will fit closer to the uneven cracks than a thicker mortar board, while the back of the spoon is just the right size for pushing in and shaping the mixture.

Incidentally, cement is a great friend to the cabineer, especially when he is isolated or when the type of construction is more or less crude. It effectively seals cracks to prevent the entrance of cold air or rodents and is useful in many ways in the gradual process of improving cabin and surroundings.

The problem of leaving the cabin secure for the winter is not always an easy one to solve. Most of them are easily entered by the simple process of removing a window stop. To prevent this I bored a small hole on either side of each sash, diagonally into the casings. When we close the cabin all I have to do is to insert 10 d nails in these holes. I feel very sure that no one can get in through a window without breaking the glass. I secure the back door on the inside in the same way.

It is thus that we rest our brains and bodies in action. We find in our little old cabins, wherever they may be—east, west, north, south; beside stream, lake or sea, high on the mountainside or deep in the pine woods—an outlet for those things we must, of necessity suppress during most of the year. When the last window is boarded up for another year and the coffee can has been put over the stove pipe, we turn our faces city-ward having once again known a perfect vacation. Perfect, that is, if such things are in your blood!

His heart quickened at the soft fragrance of her cheeks... BUT HER SHOES HID A SORRY CASE OF "ATHLETE'S FOOT"

WHAT a shock to think that anyone so dainty, so lovely, so desirable, could have such a repugnant thing as this furtive disease! Have it and neglect it! For night after night she has looked at those dainty toes—watched them break out in tiny blisters—found them stickily moist —felt them itch—seen them peel—and she's never done anything about it!

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You may have the first symptoms of "Athlete's Foot" and not know what it is. Examine the skin between your toes. Moist, red skin, itching cracks, dead-white peeling skin—all these symptoms call for immediate application of Absorbine Jr., morning and night.

Laboratory and clinical tests demonstrate that soothing, healing Absorbine Jr. quickly kills the germ of "Athlete's Foot" when reached, without harming delicate tissues.

But don't stop when you get relief. Avoid the constant risk of re-infection. In hotel bathrooms, in showers and locker-rooms—even in your own spotless bathroom, this hardy germ lurks and attacks bare feet. Even your socks must be *boiled* 15 minutes to kill this germ. *Keep on using Absorbine Jr. as a wise precaution.* At all druggists, $1.25. For free sample, write W. F. Young, Inc., 443 Lyman St., Springfield, Mass. *In Canada:* Lyman Building, Montreal.

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Sunset Magazine Garden Editor

BRIEFLY and with authority, it gives directions for applying—to a wide variety of ornamentals—that odorless, safe* fertilizer

Carrying guaranteed analysis, this essential organic plant food quickens bacterial action and stores up in the soil a lasting, steady stimulant for garden growth.

*[No danger of burning from liberal application]

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Grow Better Pansies

GIANT pansies raised from plants of a select strain frequently attain a diameter of three and a half inches and are as splendid as they are large. They are easily grown by any amateur gardener, either from the seed or young plants. Under the favorable conditions of soil and climate on the Pacific coast slope, the plants grow to perfection and the blossoms attain the ultimate of size and magnificence. For best results certain simple cultural rules must be observed. Blooms that are fully four inches across frequently appear in my pansy beds. By lavishing a little extra care and attention on your pansies you also may grow super-giant flowers.

Seed planted in the late summer or early fall will produce plants that are easily carried over the winter for early spring and summer bloom. In the spring, you may get thrifty young plants from the nurseryman for setting in beds and garden plots, but unless he had grown them from seed of a select giant strain you must not expect to get giant blooms.

By making successive plantings of seed you may keep up a supply of blooming plants. If this plan is not followed your pansies will soon "run out" and disappear. They are not actually perennial but endure only two years, at most. However, in view of their beauty in bed and garden and their decorative value in bowl and basket, no one should begrudge the little time and effort it takes to keep pansies coming on. They are profuse bloomers and lusty growers if given a place to their liking and plenty of fertilizer.

Seed may be started in boxes, indoors or out, or in outdoor beds. I get the best and most consistent germination in the outdoor beds. Well pulverized soil must be used. It should be fertile and contain plenty of humus and enrichment. Rake it fine, then firm it down, water it and sow in very shallow drills. Cover not deeper than one-sixteenth of an inch with fine, sifted soil. Press this down firmly on the seeds but do not pack too solidly. Moisten with a fine spray, place burlap covering over the bed to give shade and allow for ventilation. If for a single day the seeds dry out, the probability is that they will refuse to grow. After the tiny plants appear, give less water, or they may contract fungus disease and "damp off." Dusting with sulphur may be employed if the seedlings are so affected. Transplanting into new ground also acts as a remedy. However, pansies should not be moved many times. One transplanting is best. Therefore, when the plantlets have developed three or four leaves, move them to the place where

Chosen by professionals to insure best

RESULTS

This is the great humus-base fertilizer that's *different*—the fertilizer that is used by such well-known flower seed specialists as Bodger, famous for Zinnias and Steele, noted for pansies.

The fact that these professional seed growers select Morcrop for their own use is an assurance that it will pay you to use this complete fertilizer on your own garden or lawn.

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GORDON AINSLEY, Campbell, Calif.

they are to remain. Fall-grown plants that have wintered over in cold-frame or with other protection should be transplanted to the open ground quite early in the spring and it will surprise you how early they will begin to bloom.

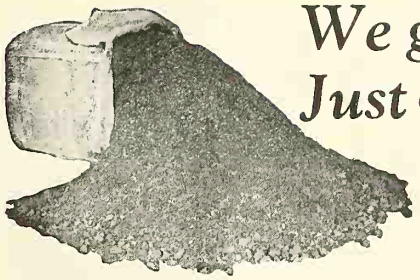
For fall and winter blooming, seed may be sown in the springtime. Those sown indoors will of course get the jump on those which go into the outdoor seedbed for the simple reason that the ground is not dry enough or weather propitious for seed scattering out of doors until April or May, at best. However, flats and seed boxes with pansies well started indoors may be transferred to protected spots outdoors and there will grow with surprising rapidity and soon be ready for transplanting.

If possible have the pansy bed in a partially shaded spot. Some of the largest, richest-colored and long-stemmed blossoms I ever saw were grown on the edge of a delphinium border where the plants were partly protected from the rays of the burning sun. After the first bloom period, when the flowers begin to get small and the plants leggy, cut them back severely. Growth will be stimulated and they will again give fine flowers in abundance.

The amateur gardener is advised to grow seeds in mixture, rather than those grown separately as to color, for the mixed seeds obtained from experienced specialists and growers not only give the finest specimens imaginable but an astonishingly wide range of color and form.

If you desire to perpetuate a certain plant that you have grown from the seed, you can take cuttings from it. If planted during the wet season they are quite easily started. Plants from the seed vary from the parent stock but if the strain is select, many of the seedlings will be large and beautiful. New seed should be bought from time to time, however, from the grower of your favorite strain so that the vigor and size of your plantings will be maintained. —Everett Earle Stanard.

IN a recent clip sheet from the Department of Agriculture is an item on fighting crabgrass—that old invader of western lawns. The department warns against cutting lawns too short during these summer months. Their experiments show that crabgrass will thrive when clipped closely but that blue grass must have considerable leaf growth to develop a root system if it is to choke out the crabgrass. So set your lawn mower high and mow sparingly. Water the lawn thoroughly once a week and apply fertilizers only in early spring and early fall when blue grass makes its growth. To fertilize in summer stimulates only the crabgrass. Encourage blue grass and it will eventually—though maybe not now—choke out the obnoxious growth.—L. R.



We get out of the Soil Just what we put in...

Really, now, isn't this a fundamental fact? You get out of things just what you put in. It's true of everything men do—including gardening.

Unless you keep your soil mellowed by insuring greater constancy of moisture, by promoting its humus content, by increasing its biological population, by guarding against fungus growth, you won't get much out of it.

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Will you do this good turn for some one in your community? You will be helping that person to earn EXTRA CASH or a living, and your thoughtfulness may start him or her on the road to a permanent, profitable, full-time position!

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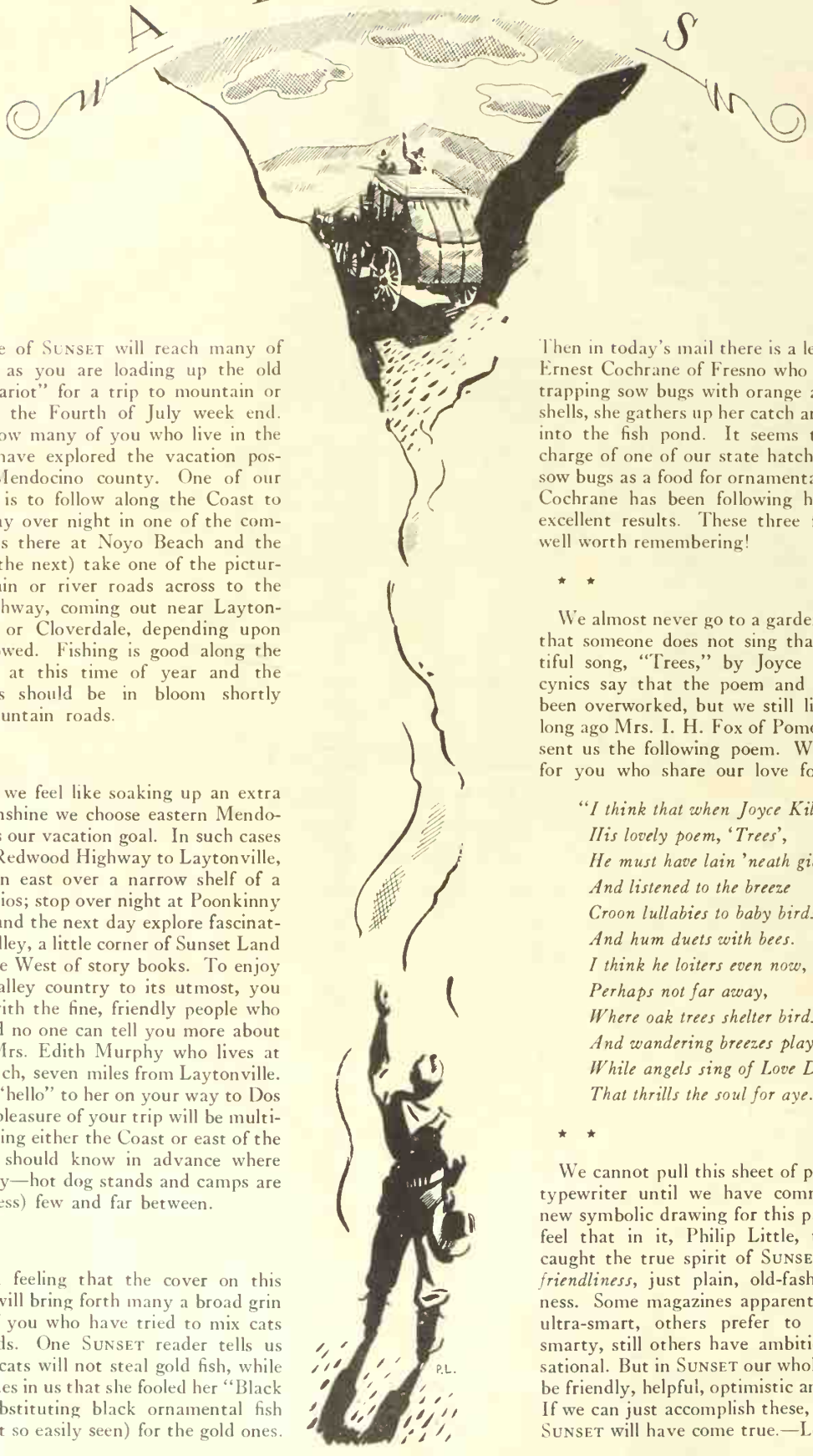

THIS issue of SUNSET will reach many of you just as you are loading up the old "Roamin' Chariot" for a trip to mountain or seashore over the Fourth of July week end. We wonder how many of you who live in the Bay Region have explored the vacation possibilities of Mendocino county. One of our favorite trips is to follow along the Coast to Ft. Bragg, stay over night in one of the comfortable cabins there at Noyo Beach and the next day (or the next) take one of the picturesque mountain or river roads across to the Redwood Highway, coming out near Laytonville, Willitts or Cloverdale, depending upon the road followed. Fishing is good along the North Coast at this time of year and the wild foxgloves should be in bloom shortly along the mountain roads.

* *

Then when we feel like soaking up an extra amount of sunshine we choose eastern Mendocino county as our vacation goal. In such cases we go up the Redwood Highway to Laytonville, and there turn east over a narrow shelf of a road to Dos Rios; stop over night at Poonkinny Dude Ranch and the next day explore fascinating Round Valley, a little corner of Sunset Land that is still the West of story books. To enjoy the Round Valley country to its utmost, you should visit with the fine, friendly people who live there, and no one can tell you more about it than can Mrs. Edith Murphy who lives at Red Bud Ranch, seven miles from Laytonville. Stop and say "hello" to her on your way to Dos Rios and the pleasure of your trip will be multiplied. In visiting either the Coast or east of the highway you should know in advance where you are to stay—hot dog stands and camps are (thank goodness) few and far between.

* *

We have a feeling that the cover on this July SUNSET will bring forth many a broad grin from those of you who have tried to mix cats and fish ponds. One SUNSET reader tells us that well fed cats will not steal gold fish, while another confides in us that she fooled her "Black April" by substituting black ornamental fish (which are not so easily seen) for the gold ones. Then in today's mail there is a letter from Mrs. Ernest Cochrane of Fresno who says that after trapping sow bugs with orange and grape fruit shells, she gathers up her catch and dumps them into the fish pond. It seems that a man in charge of one of our state hatcheries suggested sow bugs as a food for ornamental fish and Mrs. Cochrane has been following his advice with excellent results. These three fish stories are well worth remembering!

* *

We almost never go to a garden club program that someone does not sing that always-beautiful song, "Trees," by Joyce Kilmer. Some cynics say that the poem and the song have been overworked, but we still like them. Not long ago Mrs. I. H. Fox of Pomona, California, sent us the following poem. We quote it here for you who share our love for "Trees."

"I think that when Joyce Kilmer wrote
His lovely poem, 'Trees',
He must have lain 'neath giant oaks
And listened to the breeze
Croon lullabies to baby birds,
And hum duets with bees.
I think he loiters even now,
Perhaps not far away,
Where oak trees shelter birds and bees,
And wandering breezes play;
While angels sing of Love Divine
That thrills the soul for aye."

* *

We cannot pull this sheet of paper out of our typewriter until we have commented on the new symbolic drawing for this page *Adios*. We feel that in it, Philip Little, the artist, has caught the true spirit of SUNSET—and that is *friendliness*, just plain, old-fashioned friendliness. Some magazines apparently aspire to be ultra-smart, others prefer to be cynical or smarty, still others have ambitions to be sensational. But in SUNSET our whole aim is just to be friendly, helpful, optimistic and enthusiastic. If we can just accomplish these, our dreams for SUNSET will have come true.—Lou Richardson.

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SUNSET MAGAZINE
(*The Pacific Monthly*)

AUGUST 1933

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The Chicago World's Fair closes October 31st. Our record-breaking low summer fares will be on sale until October 15th.

You've undoubtedly heard many conflicting reports about the Fair. So have we. But we have yet to meet a single person who made the trip and regretted it. Some say it is too gaudy, some say it is too big — but no one accuses it of being dull.

You have three months left to go. Let us show you how little it will cost. Write for our new booklet containing comprehensive information on rail and Pullman fares, cost in Chicago, etc.

Here are a few of the advantages Southern Pacific offers on a trip east this summer:

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Take the fast "Golden State Limited" and enjoy the luxury of its air-cooled dining car, its club and lounge car and its modern Pullmans — extra fare comfort *but no extra fare!* Direct to Chicago via El Paso and Kansas City.

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Address letter or post card to E. W. Clapp, 65 Market St., San Francisco; C. L. McFaul, Pacific Electric Bldg., Los Angeles; or J. A. Ormandy, 705 Pacific Bldg., Portland, or see any Southern Pacific agent.

Southern Pacific

WHILE this isn't a fashion column, we almost feel that we could write something along that line, after having answered so many questions this summer on "What shall we wear on our trip to Chicago?" The answers are numerous and varied. We have particularly wanted to recommend the cottons which are so smart this season, but have hesitated to do so simply because of their tendency to wrinkle—the bane of the well groomed traveler. Here comes good news, though! Under a new anti-crease process, the ordinary cottons and rayons have been made positively wrinkleproof. We speak from experience, because we have a piece of the treated and a piece of the untreated voile in our desk with which to prove the statement. Leading department stores are stocking these materials and selling dresses of the same materials. Summer travelers can now travel with light weight wrinkleproof dresses that launder easily and well and still retain their smartness.

Camping Supplies

Travel Editor, Sunset Magazine:

My husband and I contemplate a two weeks' vacation at a lake in the Cascade Mountains, and we are wondering if you have any information on what food supplies will be necessary per person for that length of time. We shall not be near provision sources during most of the trip.—B. S., Yakima, Washington.

We are sending you a copy of "Camping With Canned Foods," a leaflet which contains excellent camping suggestions, good menus, a list of supplies necessary for a week's trip into country that cannot be depended upon for supplies, as well as general information helpful to the camper. You will want to see your local grocer about dehydrated vegetables and the necessary staples such as canned butter (by the way, did you know that mayonnaise serves nicely as a spread for bread when butter is not obtainable?), powdered milk, dried eggs, etc., according to the quantities listed in the leaflet. (Editor's Note: This leaflet is available to SUNSET readers for a three-cent stamp.)

The Hopi Snake Dance

Travel Editor, Sunset Magazine:

During my vacation in August I should like to visit the Hopi Snake Dance, as well as the south rim of the Grand Canyon. Can you send me literature on the interesting places to see in that vicinity, the dates of some of the Indian dances, and any booklets you think will help to make my trip enjoyable? Thank you.—C. P., San Bernardino, California.

We have sent you booklets on the Indian Detours as operated by private car with courier and guide service out of Santa Fe, New Mexico. Guides and couriers who accompany the various one, two and three day trips through this fascinating country know the Indian lore and the history of the region thoroughly, and consequently a trip under their direction will be enjoyable as well as educational. August marks the beginning of a great many activities and ceremonies in the Indian country, especially around Santa Fe. This old town, incidentally is the center of what has been called the "most interesting 50-mile square in America." To those who have breathed the desert air, marveled at the blueness of that sky, and respected the dignity of this old town that has looked upon so many generations, the statement is well founded. Dances and tribal celebrations are held as follows:

August 2. Old Pecos Dance at Jemez.

August 4. Great Corn Dance at Santa Domingo.

August 10. Corn Dances at Nambe and Picuris.

August 12. Corn Dance at Santa Clara.

August 29, 30, 31. Inter-tribal Indian ceremonies at Gallup.

The Hopi Snake Dance is always held the latter part of the month, although the definite date is never decided until a week or so in advance. There is also a Doll Dance and Masked Dance for Rain at Zuni the latter part of the month. We feel certain that the booklets we have sent you on this region will be helpful in planning your trip.

ARE you planning a trip? Is it a week-end jaunt or a tour around the world? Whatever your plans, just drop us a line for information! Your letter will receive a personal reply. Be sure to enclose postage or a stamped, self-addressed envelope for our reply.

Trips Around Seattle

Travel Editor, Sunset Magazine:

My sister and I plan to leave here early next month, going by boat to Victoria and Seattle. We want to ship our car along. Business matters will keep us in the Northwest for about a week, and we shall have an extra week for sightseeing. Can you suggest any interesting trips that we can make in the car? Can you send us a good map of that region? Any help will be appreciated.—F. L. E., Santa Monica, California.

There is so much of beauty and interest to see in the Puget Sound region that one could easily write a book about it! There are delightful motor trips around Seattle through the beautiful parks and residential districts, and do not fail to make the water tour around the city, through Gaillard Locks and into Lake Union and Lake Washington. The highways in Washington are excel-

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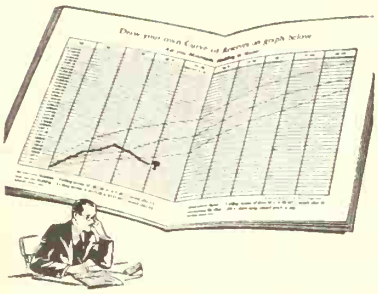

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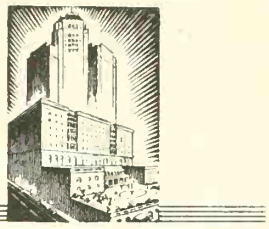

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lent, and the drive to Bellingham via the Chuckanut Drive is lovely. Mt. Baker National Forest is near Bellingham, and it is but 60 miles from that city to delightful Mt. Baker Lodge. Harrison Hot Springs, just across the border from Washington in British Columbia, is reached in a few hours by automobile. The English Manor style hotel is situated on the edge of beautiful Lake Harrison, and the towering mountains in the background are reflected in the stillness of the lake. The healthful springs at Harrison mark this as one of the spas of Canada. Vancouver is reached from Harrison over improved roads, following the rushing Fraser River for miles, and winding in and out of delightful little canyons. Don't forget that one can buy a hundred dollars worth of goods duty free—and Vancouver shops are interesting and well stocked with lovely Wedgwood and Belleek.

The Puget Sound is crossed by a network of ferries on daily schedule, connecting Washington with Vancouver Island. One of the most delightful ferry trips (your automobile included) is the one from Anacortes to Sydney, through the most interesting of the 172 San Juan Islands in the Sound. The trip lasts about four hours. A short 17-mile drive takes you from Sydney to Victoria, through the loveliest bit of rural countryside so typical of England. You will adore the quaintness of this picturesque little city, and you will find yourself slowing down to their easy, matter-of-fact pace of living. There are a number of lovely drives to be made from Victoria to various parts of the island. There is a direct ferry service between Victoria and Seattle if you wish to return by that route. You will want to make the trip to Mt. Rainier National Park before catching your return steamer. The highway to the park is one of the engineering achievements of the Northwest, and it is a beautiful highway. These are only the highlights! Booklets giving further details about the Northwest have been sent to you so that you may make definite plans for your stay.

South Africa via the Direct Route

Travel Editor, Sunset Magazine:

I know that there is a direct service from the West Coast to Europe through the Canal, but is there such a service to South Africa, or is it necessary to sail from New York? Time is of no importance, but I want to get away from the regular routes of travel. Any information you can send will be useful.—B. B., Portland, Oregon.

We have just received news of a new direct passenger-freighter service now in effect sailing from San Francisco to Los Angeles, through the Panama Canal to Sabine, Galveston, Houston, New Orleans, and from there direct to Capetown, South Africa. These ships also call at East London and Durban before proceeding to India and on around the world. The ships are Dutch passenger-freighters, carrying from 6 to 16 pas-

sengers. A sailing schedule as well as literature descriptive of South Africa has been sent to you.

Cruise to Vancouver Island

THERE is still a month in which our readers in the Northwest can avail themselves of an interesting six and a half day cruise from Victoria, B. C., to the West Coast of Vancouver Island. The entire trip, including meals and berth, costs $39.00. There are sailings August 1, 11, and 21. After leaving Victoria, calls are made at numerous ports, including Indian villages, fishing plants, and mining and logging camps—a country that has felt little change within the last hundred years, and is consequently quaintly picturesque. This West Coast of Vancouver has well been called the Canadian Norway. Booklets on these cruises are available for a three-cent stamp.

Club Tours to Chicago

Travel Editor, Sunset Magazine:

I have heard that certain trains leave weekly for the Chicago Fair carrying passengers that have bought tour tickets, or the like. Since I have never been East and know very little about such a trip, I would appreciate knowing if there is anything like a tour that would also take care of my time in Chicago? —S. T., Reno, Nevada.

We have sent you booklets on the Club Tours which leave Central California points (via Reno) every Saturday night for Chicago and the Fair. These tours include all the necessary expenses such as rail fare, hotel and sightseeing as well as meals in Chicago, and admission to the Fair and many of the exhibits. The tours start at $90 for a complete ten-day tour. The booklets that have been sent will give you further details.

★ ★

UNDER the new improved air line schedule, one can dine leisurely in San Francisco, hop off at 11:45 P. M. and arriving in Chicago the following day, 16 hours later, in time for luncheon. The new high speed "Three-miles-a-minute" planes have two pilots, a two-way radio, stewardess service, lavatory, and cool comfortable cabins for ten persons. We have just inspected one of these new giants of the air at the local airport—they are slick!

* *

An interesting cruise has been scheduled to sail from New York on September 2, returning October 12, to include Italy, Palestine and Egypt. The special class rate will be $366, and the tourist class rate $286 for this five weeks' cruise to the Mediterranean. Write for literature.

* *

Round the world rates are still $749 first class! Leave the West Coast in August or September, thus avoiding the warmer season in Japan and Central China. Northern China is particularly enjoyable at this time of year. Chrys-

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Full particulars on travel to Hawaii and the South Seas at all travel agencies or

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AROUND THE WORLD VIA AUSTRALIA—VARIED ROUTES—ATTRACTIVE NEW FARES

anthemums will put in their appearance about the first of September and will bloom profusely for a few months. If the trip is planned in a lesiurely manner one can reach India around the beginning of December, about the nicest time of year in that country. Write for folders on the $749 around-the-world-first-class booklet.

CENTURY OF PROGRESS CHICAGO EXPOSITION

FOR detailed information and booklets regarding the World's Fair in Chicago write Sunset Travel Service Department, 1045 Sansome Street, San Francisco, enclosing a self-addressed stamped envelope for reply. Be sure to specify whether you plan to go by rail, automobile, steamship through the Canal to New York, motor-coach or plane. This will help us to give you more definite information. Hotel rates are also available.

Rambles in Europe

With Jane C. Higbie

Five Towns and a Silver Shilling

NORTH of England's romantic Shakespeare country, not far beyond Lichfield's cathedral spires, lies Staffordshire. Here is a busy industrial district which through the generations has contributed much to the commercial strength of the empire. Who does not know of Staffordshire and remember the lovely blue dishes of grandmother's day? How much the names of Spode and Wedgwood mean to the world today and how little we know of their origin!

On a rainy August morning, I left London, from Euston station, on a visit to the pottery district. By L. M. S. (London, Midland Scottish Railway) north through the beautiful countryside; past Rugby, of the famous Tom Brown's days, we went, to Stoke-on-Trent the railway center of the pottery towns.

The Five Towns, they are called—Burslem, Hanley, Stoke, Tunstall and Longton—are not the busy centers of industry that they were before German competition and the high American tariff slackened the smoke in the chimneys of The Works and set sadness upon the faces of potters who had followed the trade from father to son for generations.

Trams and busses now connect the towns and from one of these I alighted, to find myself in the thick black mud of the pottery towns. (The Black Towns they were sometimes called in the early days—and with good reason). It was the noon hour and I looked about the open square of Tunstall, at the Pub and its loungers, then entered a small bake-shop across the street, to inquire the way to a lunchroom. The owner wel-

She was a whirlwind on the tennis court ...BUT ASHAMED TO GET OUT ON THE BEACH

THERE'S something shocking to romance, something indelicate, almost indecent, about having even a mild attack of "Athlete's Foot."

That was the thought that haunted her. The most popular girl on the tennis court or in the ballroom, she refused to go on the beach. She shrank from the thought of having anyone see those peeling blisters, that unnatural whiteness, that unpleasant moistness between her toes.

Danger signals—watch for them Use Absorbine Jr.

You may have the first symptoms of "Athlete's Foot" and not know what it is. Examine the skin between your toes. Moist, red skin, itching cracks, dead-white peeling skin—all these symptoms call for immediate application of Absorbine Jr., morning and night.

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But don't stop when you get relief. Avoid the constant risk of re-infection. In hotel bathrooms, in showers and locker-rooms—even in your own spotless bathroom, this sturdy germ lurks and attacks bare feet. Even your socks must be *boiled* 15 minutes to kill this germ. *Keep on using Absorbine Jr. as a wise precaution.* At all druggists, $1.25. For free sample, write W. F. Young, Inc., 443 Lyman St., Springfield, Mass. *In Canada:* Lyman Building, Montreal.

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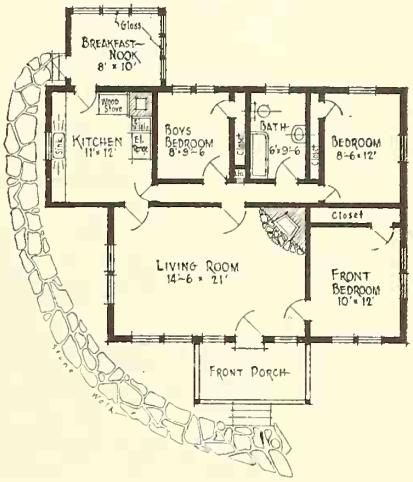
About Their Cabins *and* Cottages

★ ★ ★

WAS USED HERE

white rocks from Black Oak mine, and others gathered in the hydraulic channels on Yuba Pass, all matched and blended with the skill of an artisan. Friends and relatives interested in the project have helped by collecting rocks from historic spots in and around Sunset Land. The interior walls of the house are plastered but rock work has been introduced in many interesting ways. The bathroom, for example, is tiled in smooth shale rock and the breakfast room has a floor of smooth slate. Rock shelves and the like give a rustic note.

In landscaping the grounds the Hammonds have used rocks—not to excess—but sufficiently to give a rugged setting to the house. From ledges of stone spring tiny native plants, giving color to the porch and exterior walls, while the window boxes look as though they were crevices in a rock cliff out of which flowers peer joyously. Through the grassy lawn rock steps lead to a tiny pool that might have been taken from a mountain meadow. All in all this is a comfortable, attractive country cottage built to last.—Maude Elkus Clark.



COMFORT IN OUR MOUNTAIN HOME

fortable day bed in the living room provides sleeping accommodations for two more.

The serving of meals is simple. Most of the meals are served on the roomy porch overlooking the lake, a porch which is kept shaded in summer by a great oak tree coming up through the floor. On cool evenings, or in winter, food is served on the long table before the fireplace in the living room. Either table is easily accessible to the kitchen.

In the kitchen are most of the conveniences of a city home. Spring water is piped into the cabin and heated by water coils connected with the kitchen range. The open porches virtually add two more rooms to the cabin.

We have access to an excellent bathing beach, good fishing, wonderful drives and walks. Feather Falls, Bald Rock Canyon and Black Bart's Cave are all within a few miles. After many delightful week-ends and vacations spent in this region we have decided that we have just about an ideal cabin in an ideal corner of Sunset Land.—John W. Rattray, D. C., Marysville, California.

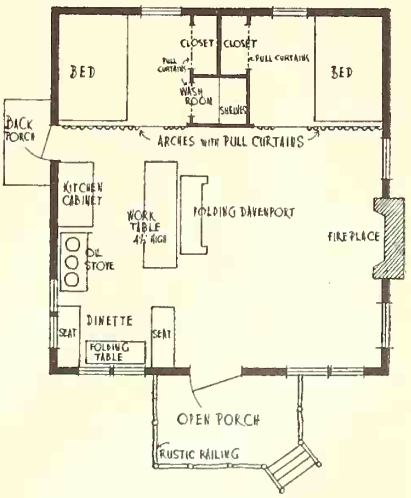
WAS EASY TO BUILD

davenport that makes a third bed when needed. In summer the entire cottage with its ten windows and two doors is open for breezes, making it seem like a large screened porch. Then when cooler days and nights come we have only to close the casement windows, build a fire in the fireplace, and it is a cozy little home. When weather is extremely cold we have a stove to add warmth. The bedroom nooks, with their separate closets, washroom and pull curtains, are especially handy. The closets also add privacy between the nooks in case of a noisy sleeper.

The porch that looks to the lake was kept roofless and unscreened so that more sunshine could sift into the cabin during the fall and winter months.

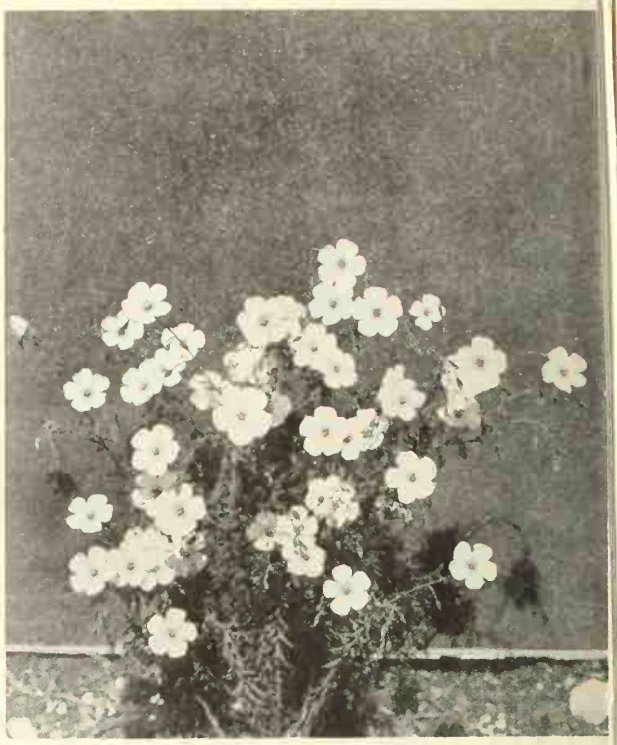
The snapshot shown here gives an idea of the exterior, even to the horseshoe over the door. We wish it were possible to show you the interior with its painted cupboards and simple furniture, its roomy fireplace and crisp gay curtains.

We have found this cottage adequate in every way for a family of from four to six persons. We planned and built it almost entirely by ourselves and at moderate cost. We often wonder where anyone could invest so little and get as much healthy enjoyment as we do from our modest little shady rest retreat.—Mrs. Martin S. Mickey, Moscow, Idaho.



FLAX *AND* SAGE

Two Satisfactory Flowers for Your Sunset Garden



By
Sydney B. Mitchell
(*Sunset Garden Consultant*)

FOR once it would appear that I am going to write about something strictly useful, but this is just another case where appearances are deceptive. Far be it from me to undertake to praise the flax of commerce, that useful plant whose fibre gives us linen and whose seed has been the chief ingredient of many a poultice, or to extol the sage of the kitchen which has done so much to make food more savory. My task shall be to discuss the flowering plants of these two families and what they can do for our gardens.

Yet in considering the linums or flaxes even in this way and beginning with the annual members of the genus, we come first to the common flax, *Linum usitatissimum*, a very old plant whose introduction into northern Europe cannot now be traced. Even if useful, it is also decorative, its graceful, slender habit and round-petalled flowers, carried about two feet high, making it quite attractive. If you remember the words of the song, "Irish eyes are like the flax," you will have no difficulty in placing it among the blue-flowered flaxes.

Better known in our gardens and more appreciated for its brilliant color is the other annual flax, *Linum grandiflorum*, sometimes listed as *L. rubrum*. It is a hardy annual of about two feet in height, each stem furnished with bright, round-petalled, crimson flowers for a short season. It is of the easiest culture and can be sown in California in fall where it is to bloom, or anywhere on the Pacific coast in early and late spring for successive crops, being certain to give good results if thinned out so that each plant has a few inches in which to develop. It is another of those pleasant annuals suited to sowing among tulips or other spring flowering bulbs, to give color when the bulb foliage is drying up.

Perennial Flax

I have not stressed the use of the annual blue flax, as there are better perennial blue forms, all adapted to the easy conditions of the hardy herbaceous border. Such are *Linum perenne*, two feet high with pale blue flowers, *L. Lewisii*, also blue and somewhat taller, and *L. alpinum*, of dwarfer, straggly growth, which spread and sowed itself all over a sunny rock garden in which I was reckless enough to plant it. But first choice among all the blue perennial flaxes should undoubtedly go to *Linum narbonnense*, though one rarely finds plants or seeds of it offered in our catalogues. This is not surprising in the eastern United States, as this flax from southern France is there of doubtful hardiness, but it is so well adapted to California and the whole Pacific coast, and its large, pure blue flowers are so lovely that it is worth while getting seed if possible.

White and Yellow Varieties

If white flaxes are wanted one has a choice between a white form of *Linum perenne* and the shrubby white flax from New Zealand, *Linum monogynum*, which for years flowered in the old botanical gardens of the University of California and, though it looked like a herbaceous plant, just refused to die down in winter. I transferred a few self-sown seedlings to my garden and found that in a dry, sunny place they were pretty and indestructible. The only flax the catalogues call pink is *Linum salsoloides*, a dwarf half shrubby species for the rock garden, not so very pink either, rather a whitish thing with a purple eye, as I saw it.

There is also a little group of yellow flaxes from southern Europe, dwarf and somewhat shrubby in growth, liking a sunny, well-drained place, and not very hardy where winters are both cold and wet. Here will come *L. flavum*, which was not particularly exciting as I grew it; *L. capitatum*, and the better and shrubbier *L. arboreum*. This *Linum flavum* is not the plant southern Californian nurserymen often list under this name. What they offer is really *Reinwardtia trigyna* (sometimes also called *Linum trigynum*), a shrubby plant of two to three feet in height, giving numerous large, lovely, deep yellow flowers in midwinter, but too tender for any but such favored spots as Santa Barbara.

All these perennial flaxes are so easily raised from seed that it is unnecessary to propagate them in any other way, though division of the roots or bits taken off will make good plants. They love the sun and good drainage, but are very complaisant in ordinary soil and dry gardens. Few insects seem to bother them.

PHOTOGRAPHS BY J. HORACE MCFARLAND

★

Written Especially for the Bay Region

★

THE salvias or sages are far more numerous than the flaxes, and from a garden standpoint they are of much greater importance, particularly in warm, dry, sunny gardens such as are common in California. Of them all, unquestionably the scarlet sage, *Salvia splendens*, is the best known and the most generally grown. It is no modest flower, but is so bright and so floriferous that it hits you fairly between the eyes. Its culture offers no obstacles, for, though it is really a rather tender perennial, it flowers the year seed is sown and so can be, and is, generally treated as an annual. In sections where frost comes early, it is best to get the seed started under glass so that the plants will not be caught before fully in flower, but that is seldom a problem on the Pacific coast. This sage is distinctly a bedding plant, in the better and more compact varieties about eighteen inches high, and most effective when massed in full sun. It looks very well when provided with a dark background, in front of shrubs, let us say, looking south or west. Fireball and Harbinger are excellent in the typical color, and a comparatively new one called Salmon Beauty.

There are so many biennial and hardy or half-hardy, herbaceous or shrubby sages that I can select only a few for mention. One botanical section contains *Salvia argentea*, *S. sclarea*, *S. turkestanica* and *S. horminium*. These are hardy perennial sages, with large basal leaves, those of *S. argentea* so covered with white hairs as to give it the distinct furry appearance for which it is grown. *S. sclarea*, the Clary of English gardens, also has large, somewhat woolly leaves, with each stem ending in a broad, light blue and white inflorescence. It is quite a striking plant and one with a very noticeable odor which is said to be much like the aroma of muscatel wine, but though I have grown it you can't prove this last statement by me. I found it best handled as a biennial and threw the plants out after they flowered, but even then they sowed themselves quite generously. *S. turkestanica*, which is offered in one California catalogue, is now rated merely a variety of *S. sclarea*, and *S. horminium* is also a very close relation to Clary. It is the bracts rather than the real flowers which are attractive in this section.

Perennial Sages

Another group of somewhat hardy perennials includes *Salvia dichroa*, *S. pratensis*, *S. virgata*, and *S. nemorosa*. I have to acknowledge that I have grown only the first, to which I was tempted by a glowing description in a seed catalogue and by a statement that it came from the Atlas Mountains in North Africa, but its weedy growth and the unimpressiveness of its blue and white flowers led to its being cast out after two years' trial. *S. pratensis*, a hardier sage, with bright blue flowers (but with white and reddish varieties as well) seems well worthy of trial from Oregon north, and so perhaps also are the hardy purple-blue *S. virgata* from southern Europe and the allied *S. nemorosa*, with purple flowers.

More important on the Pacific Coast are certain hardy perennial sages indigenous to the Americas. *Salvia azurea* has pure pale blue flowers on long, wiry stems arising from a rather shrubby base, a lovely color and much valued because it comes late in summer. Even more desirable because its flowers are of a deeper, pure blue is what is often listed as *S. pitcheri*, but is perhaps better called *S. azurea grandiflora*. Grown in the bright sun to the west of my house, these two, but particularly the latter, have been often admired, for though of tall, thin growth, their late color is irresistible. *S. uliginosa*, from South America and not very hardy, is an attractive plant of somewhat similar preferences, appearance and fine pale blue color.

The other sages worthy of attention do not group together. *S. leucantha*, a drought-resistant shrubby plant, is much grown around San Francisco Bay, where all through the autumn masses of spikes of its red-purple and white flowers sway above its long gray-green foliage—an easily satisfied plant for anyone's garden. *S. greggi*, a shrubby sage from Texas, with attractive, small red flowers, does well in central California. *S. patens*, as intensely blue as *S. splendens* is scarlet, is worth growing anywhere along the Pacific coast, though it makes no such garden show as some other sages and its tuberous roots are not hardy. The color is the purest madonna blue I have ever seen in any flower.

All sages can be raised from seed, some to flower the first year, the rest the second. The perennial ones can also be increased by division. Most of them like warmth and sun, do not mind drought, and flower better if the soil is not too rich.

From the Editor

In the September SUNSET Sydney B. Mitchell begins his new series of articles, "Trials of a Sunset Gardener." In this new and novel series, Mr. Mitchell will talk about a number of flowers each month rather than go into complete detail about any one variety. Be sure to tell your garden friends, especially those living in the Bay region, to follow this valuable, authentic group of articles.

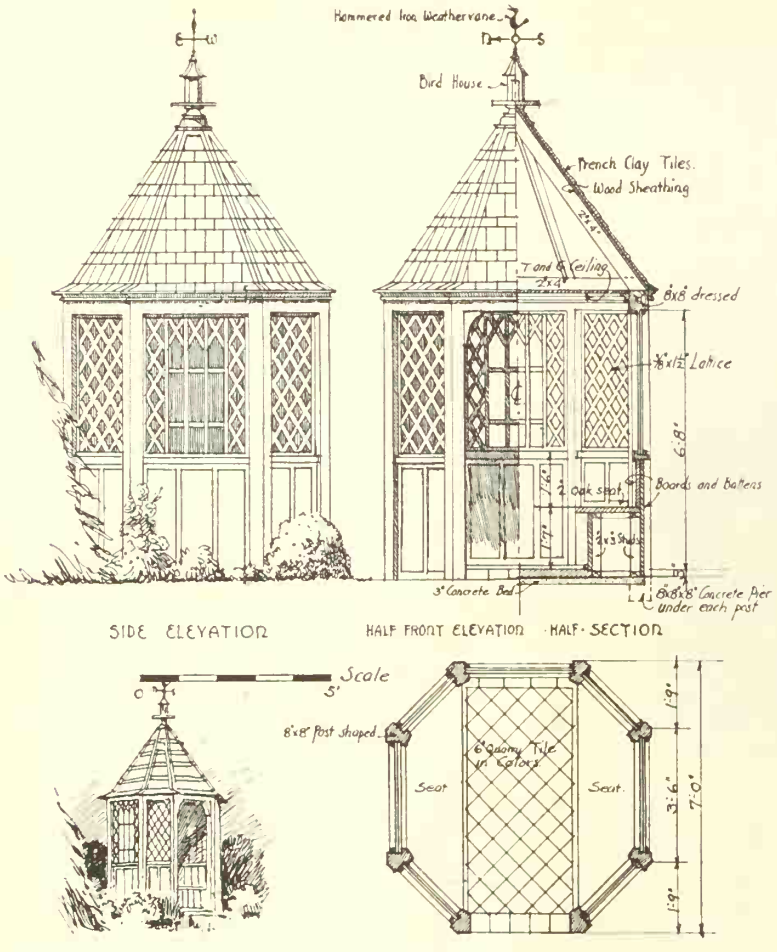
Note that the title of the series is "*Trials* of a Sunset Gardener." The word "trial" here denotes the "trying out" or experimenting with certain plants and what the author has learned about them, and it means also his garden "trials or troubles" and how he overcame them. So watch for "Trials of a Sunset Gardener." It promises to be a great series—especially helpful to amateurs.

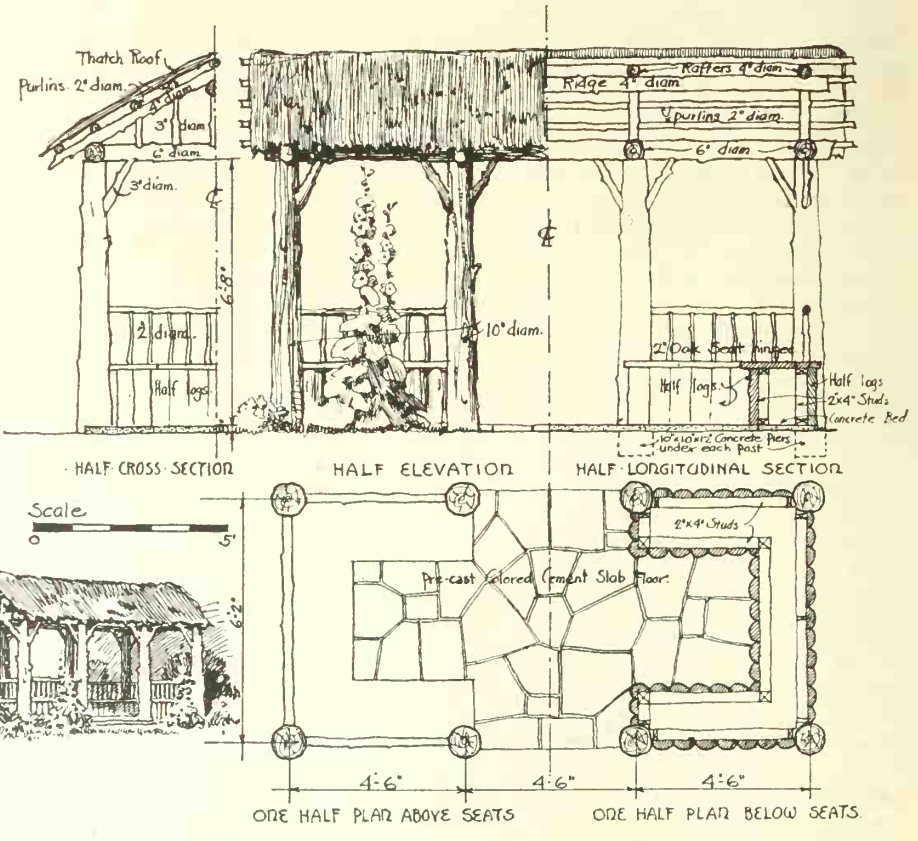
Three

DURING the past year dozens of you have written us asking for plans for tea houses, garden studios, shelters, arbors, or whatever one chooses to call a sheltered nook where tea may be served or a game of bridge enjoyed in the midst of the beauties of the garden. It was naturally impossible to design individual arbors for all of you so we have asked Arthur O. Johnson, one of our SUNSET architects, to sketch out three of the most satisfactory types of garden shelters for Western gardens. From his drawings you should be able to build any one of the three without further details.

Naturally in designing these garden houses, Mr. Johnson had in mind specific materials to be used in each case, but his recommendations are very flexible. For instance, in the octagonal arbor shown first on these pages, clay tiles are indicated for the roof, but shingles or prepared roofing could be used satisfactorily. Paving stones or concrete could be substituted for the tiled floor. The lattice work is optional.

The rustic garden house with thatched roof of palm leaves or similar thatching material may be finished with shingles





The octagonal garden shelter shown above would be a charming terminus to a winding garden path

Measuring 6'2" x 13'6", the rustic, thatched-roof garden house is large enough to accommodate several persons at one time

More formal in design, the tea house at right is appropriate for country estates or the small, formal or semi-formal garden

Arbors for Sunset Gardens

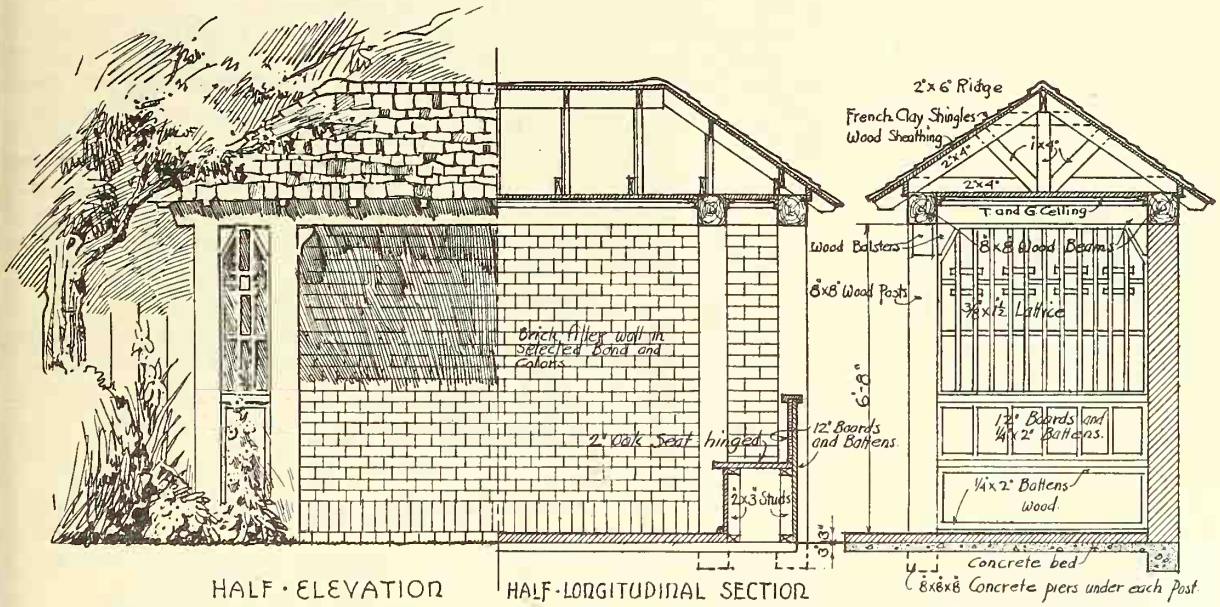
Designed by
Arthur O. Johnson
Architect

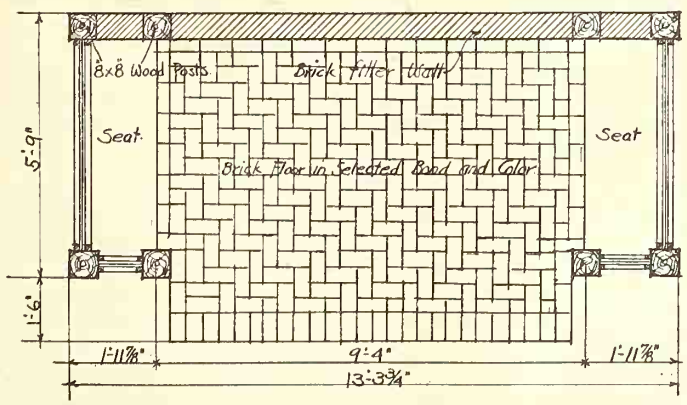
if desired, or ornamental vines could be planted to trail over the rustic timbers to provide shade. The formal garden house (shown below) is of brick construction, which is highly effective though somewhat expensive. If economy is an item, a latticed wall could be substituted for the brick, or a solid wall of wood upon which open shelves with rows of potted plants could form the background.

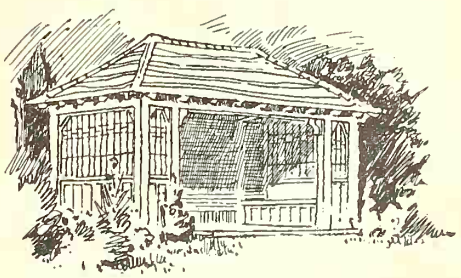
Each of these three garden houses is large enough for one or more card tables with chairs. It is advisable to wire the shelters for electricity, which may be done at nominal cost. A variety of wood can be used in construction. Redwood is excellent. Spruce, cedar or oak, stained, are also good. If pine is used it should be painted. Dimensions as given on the plans are accurate, but sizes may be altered if desired, so long as proportions remain pleasing.

The plantings around a garden house are always important. Usually vines should provide shade, but care should be taken not to use vines to the exclusion of air and vistas. Any general garden catalogue will suggest varieties suitable for such use. A few well-selected shrubs can be used to tie the arbor to the ground but one should always avoid a jungle-like appearance. If the structure is to be painted, avoid stark white if possible. The garden house should be a distinct architectural feature but at the same time it must fit into the scheme of the garden and become a part of it.

We have no further drawings or working plans to offer in connection with these designs. Any experienced builder, or even an amateur who is accustomed to working with tools, should be able to build any one of these structures, adapting it to his own personal taste and to suit his own particular garden. If, however, there are any specific questions about any of the materials or dimensions, Mr. Johnson will be glad to answer them for you. Good luck to you in your building, and when your garden house is completed, send us a photograph of it.







Shrimponi
Clean shrimp and cut small
Add other ingredients in order
Put into a buttered baking dish
Bake 25 minutes at 350 degrees
Garnish with parsley and serve

The Kitchen

TRADEMARK REGISTERED.

These recipes are designed to be clipped and mounted on cards for your recipe file, or they may be pasted in your cooking scrap book

Shrimponi

(*Illustrated on this page*)

FOR FRIDAY NIGHT

Chilled Tomato Juice
Cheese Wafers
*Shrimponi Hard Rolls
Combination Vegetable Salad
Lemon Chiffon Pie Coffee

This recipe is a great favorite with my family, and I would like to share it with other readers of SUNSET. It is easy to make and to serve. Mix in the following order:

- 1½ cupfuls of shrimp, cleaned and cut in pieces
- 1½ cupfuls of cooked macaroni
- 1 tablespoonful of chopped parsley
- 1 chopped green pepper
- 1½ cupfuls of medium white sauce
- ½ cupful of dry bread crumbs
- Additional salt and pepper to taste

Pour the mixture into a buttered baking dish and sprinkle top with buttered crumbs. Bake in a slow oven (350 degrees) for 25 minutes. Incidentally, this dish may be made with tuna, crab, lobster, or salmon in place of the shrimp if desired.—T. A. N., Lodi, California.

Different Huckleberry Pie

AN EXTRA-GOOD DINNER

Grapefruit and Orange Salad
Fried Chicken String Beans
Baked Tomatoes Stuffed with Corn
Rolls Jam
*Different Huckleberry Pie Cheese
Coffee

Line a pie pan with rich pastry rolled ⅛ to ¼ inch thick; roll out a top crust, prick it or mark it with slits, and let stand while you mix:

- 2 to 3 cupfuls of washed huckleberries
- 1 tablespoonful of flour
- ¾ to 1 cupful of brown sugar
- ⅛ teaspoonful of ground cloves

Mix the sugar, flour, and spice, then mix with the berries, and pour into the pie crust, add the top crust, crimp edges well together, and bake in a moderately hot oven (425 degrees) for 35 to 40 minutes, or until well done. Serve warm. The brown sugar and cloves give a new, delicious taste to this pie.—A. C., Hood River, Oregon.

Casserole of Fresh Vegetables

This is a delightful main dish for a summer dinner. It is simple to prepare, and delicious with hot biscuits and a green salad, or fruit salad for dessert.

- 1 cupful of shelled green lima beans
- 6 new carrots, scraped and cut fine
- 1 medium-sized onion, chopped fine
- 1 teaspoonful of salt
- 2 tablespoonfuls of butter
- 1 tablespoonful of flour
- 1 cupful of milk
- Pepper to taste
- 4 thin slices of bacon

FOR A SUMMER DINNER

*Casserole of Fresh Vegetables
Hot Biscuits Jelly
Salad of Mixed Greens
Fresh Blackberry Pie
Coffee

Cook the shelled beans until tender but not broken, in boiling salted water to cover. Add the chopped carrots and onion, and continue cooking for 20 minutes, covered, until water has cooked away. Meanwhile make a thin white sauce of the butter, flour, and milk. When vegetables are ready, turn them into a well buttered baking dish, pour the white sauce over them, lay the bacon strips over the top, cover the dish, and bake in a hot oven (450 degrees) for 15 minutes, then uncover and let brown. Serve piping hot, in the casserole.—Mrs. E. C., Sumas, Washington.

Best Pickled Figs

GRAND WITH HOT OR COLD MEATS

We pickled figs two or three times when we first came to California, and had merely a mediocre product, but this rule makes them a treat.

- 7 pounds of fresh figs
- 3 pounds (6 cupfuls) of sugar
- 1 pint of vinegar
- 1 teaspoonful of whole allspice
- 1 teaspoonful of whole cloves

Boil the figs (either white or black) in clear water 20 minutes, and drain. Boil the sugar, vinegar, and spices to a syrup, pour over the figs, and boil 10 minutes, or until done. Seal hot in sterile jars.—Miss E. F. C., La Mesa, California.

Cabinet ~

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Sweet Pickle Jelly

(*Illustrated on this page*)

A GOOD LUNCHEON

Potato Salad Letture Sandwiches
Cold Roast Pork
*Sweet Pickle Jelly
Apple Turnovers Cheese
Coffee or Iced Tea

This may be served either as a relish or as a salad. It is fine with either cold meats or hot roasts. One of its good points is that it is made ready well in advance of the meal. The recipe calls for:

- 1 tablespoonful of granulated gelatine
- 4 tablespoonfuls of cold water
- 1 cupful of hot strained syrup from spiced peaches
- 1 cupful of watermelon preserves, cut small
- 2 tablespoonfuls of sliced Maraschino cherries
- ¼ cupful of liquor from cherries

Soak the gelatine in the cold water for 5 minutes, then add the hot syrup and stir until dissolved. Let cool; when it begins to congeal (it should be about the consistency of heavy cream) add the other ingredients, and turn into individual molds. Chill. When firm, turn out on lettuce and use to garnish a platter of cold meats, or serve on salad plates, with mayonnaise.—M. C. C., Sparks, Nevada.

Sweet Tomato Relish

SUPPER ON THE PORCH

Appetizers ad lib.
(Including Radishes, Onions, Green and Ripe Olives, Stuffed Celery, etc.)
Platter of Assorted Cold Meats
*Tomato Relish
Casserole of Escalloped Potatoes, Hot Hard Rolls, Reheated
Watermelon Iced Coffee and Tea

When tomatoes are ripe and plentiful, I like to make this relish which is equally good with hot or cold meats, or with omelets and other meatless main dishes. First, get out 9 or 10 eight-ounce jelly glasses, and scald them. Then you will need:

- 4 cupfuls of peeled and crushed fresh tomatoes
- Juice and grated rind of 1 lemon
- 6½ cupfuls of sugar
- ⅛ teaspoonful each of ground cinnamon, cloves, and allspice
- 1 cupful of liquid fruit pectin

Scald and peel the tomatoes, and crush with a potato masher, then cook uncovered for about 10 minutes, stirring occasionally. Add the juice and grated rind of the lemon, and measure exactly 3 cupfuls of the mixture into a large kettle. (The tomato will undoubtedly have cooked down to the required quantity.) Add the sugar and spices, mix, and bring to a rollicking boil over high heat, stirring constantly all the while. Boil hard 2 minutes, then remove from heat and stir in the liquid pectin. Skim, and pour quickly into hot sterile jelly glasses, and cover at once with a thin film of hot paraffin. When the relish is cold, cover with a thicker layer of paraffin—about ⅛ inch thick—rolling the glass slightly to spread the wax well up on the sides, as this helps to prevent possible intrusion of molds and yeasts from the air. Makes about 9 glasses of delicious relish. If desired, the spices may be omitted.—E. F. O., Yuba City, California.

Favorite Peach Conserve

- 1 medium-sized can of crushed pineapple
- 2 quarts of peaches, peeled, pitted and sliced
- 3 pounds (6 cupfuls) of sugar
- 1 cupful of English walnut kernels, chopped
- Pulp of 3 oranges, diced
- Rind of 1½ oranges, cut fine

Serve with Toast for Breakfast or with Hot Biscuits or Muffins for Luncheon or Dinner

Mix the pineapple, peaches, and sugar, and let stand until the sugar is dissolved, stirring occasionally. Boil 2 minutes, then add the walnuts and the orange pulp and rind, and boil 10 minutes longer. Seal hot in small glass jars, as this is a thin conserve which will not keep if merely covered with paraffin. If desired thicker, add more sugar and cook a little longer, until of consistency wished. All the ingredients may be put through a food chopper if preferred. If the nut kernels are scalded and let stand a few minutes, the skins may be slipped off before chopping; otherwise they darken the conserve.—Mrs. L. H. K., Hollywood, California.

~Sweet Pickle Jelly~
~ Soak gelatine in cold water
~Add hot spiced syrup and stir ~
~ Cool ~ When thick as heavy cream ~
~add other ingredients and put into molds~
~ Chill. Serve with hot or cold meats ~

MID-SEASON TROUT FISHING

in Western Waters

By J. P. Cuenin

WITH the arrival of August we have what is called mid-season trout fishing conditions. Of course, waters may be higher than in other years, but almost all streams have lowered and cleared sufficiently to warrant changing from early season fishing methods to tactics that are more likely to bring success. During the first part of the season short, heavy leaders could be used because the streams were high and at least slightly roiled, but with lower and clearer water the leaders must be lengthened and finer gut must be used. From now until the end of the season the leaders should be at least 6 feet in length and possibly 7½ to 9 feet long, and the gut should be as fine as the angler can use and still hold the fish he hooks, for with low, clear water the lure must be separated from the line by a great deal of transparent material. In waters of the back country that are fished by few people the leaders need not be so long and fine, but the angler who expects to get his share of trout in heavily fished waters must use fine gear.

I mentioned that anglers should fish with leaders as fine as they can use and still hold fish. By that I mean that if the fisherman handles hooked fish rather roughly, and if he does not strike gently, he will be likely to lose fish if his leaders are too fine for his style of striking and playing fish. Some men can hook and land fish on very light leaders, while others must use heavier gear. The fellow who is inclined to become excited and put too much force into the movement of his rod when setting a hook may break a fine leader if the fish that rises is heavy, while one who gently but firmly sets the hook can use the finest of gut. This brings up the question of striking a rising fish and the need of a quick but gentle movement of the wrist. I have seen men strike so hard that they lifted small fish clear of the water and even throw the fish high in the air. Very little force is required to set a hook deeply in the mouth of a trout.

Most anglers strike with an upward snap of the wrist or arm, but a better method is to strike with the left hand by a gentle pull on the line. The line between the reel and first guide is usually held in the left hand when a right handed caster is fishing. When a trout rises a short pull on the line with the left hand will set the hook much more quickly and securely than if the tip of the rod is raised, and with this style of setting the hook the fly is moved only a few inches if the strike is missed, while if the rod tip is raised the fly will be jerked many feet away from the spot where the fish rose. The violent removal of the fly in this way is likely to make a fish hunt cover, while the gentle movement of the fly by striking with the left hand will not disturb a fish if he misses on the first rise.

While rather large flies were recommended for early season fishing, and while those lures may take fish in mid-season, especially in late evening or early morning fishing, it is a good plan to use smaller flies as the streams become low and clear. For the average small to medium-sized streams No. 10 and No. 12 flies will prove better than larger sizes, and even in the big rivers those flies will often get more rises than No. 8.

Some of the following patterns will usually prove effective in any water when the fish are rising to flies: royal coachman, brown hackle, gray hackle, professor, Wickham's fancy, McGinty or bee, black gnat, blue bottle, stone fly and March brown. The first six in the foregoing list are really all that are needed if the angler has confidence in them and if he will fish them carefully. Of course, wherever we go we will find special patterns that are supposed to be particularly effective on certain waters, but the six old standbys will get fished when any flies can get them.

The baits that will induce trout to come in out of the wet in mid-season are numerous. Angle worms are always good. Grasshoppers account for many trout every year. Case-worms, those little creatures that have a twig-like house which they carry with them on the bottoms of streams, are always fine bait.

The smaller the stream the more the angler should try to use trees, bushes and rocks to screen himself from the fish.

We Took the Children Camping

By
Catherine Fowler Magee
Tucson, Arizona

THE real reason we hesitated to take the children camping, I must humbly confess, was that we were afraid we wouldn't have any fun ourselves. We thought we would spend all our waking moments, and some when we longed to be sleeping, in taking care of small Jack and smaller Betty. They had us buffaloed, you say? However that may be, we know better now, for Father had his fishing every day, and I had the strenuous climbing that means camping to me, while he was on duty in camp. We had many short walks with the children. We all, in short, had a good time!

Our preliminary forebodings included among the things for which we should go prepared every calamity from accidental drowning to falling in the camp-fire, not omitting snake bites and poison ivy! Once committed to the idea of camping, however, we discovered that each of us had been cherishing a secret desire to go to the White Mountains of Arizona over the Coronado Trail, only a day's drive from our desert home near Tucson, but much higher and many degrees cooler. After all, we decided, there must be safe camping sites if one is determined to find them, and poison ivy and snakes had never bothered us in our childless days, so why now? Of course, we went loaded with a large supply of antiseptics, ointments, cotton, and gauze, of which we used not even one!

We had so dreaded the day's drive to the mountains that no reality could have lived up to our fears! We were sure the children—Jack, age four, and Betty, age two—would get too tired, would be restless, would wear themselves and their parents out; in fact, that they would do anything except what they did, which was to spend a large part of the day sleeping on a pile of blankets that covered the rear seat. The first half of the trip was hot, but we carried cool drinking water and one child or the other was asleep most of the time after ten in the morning. When awake they were so interested in the varied scenery that our only problem was to find satisfactory answers to all of their questions.

As we began to climb, our spirits soared. We love the desert, but it was thrilling to leave it behind temporarily. We watched the vegetation slowly changing as we climbed to thirty-five hundred feet, five thousand, seven thousand. Mesquite, creosote bush, and cholla gave way to yuccas, miles of them in stately bloom. Then we came to the live oaks, and majestic sycamores lining the stream beds; and finally, through madrone and scrub oak up to the pines. The odor of pines is intoxicating to one who has not sensed it for years and we stopped at the first turn-out to sit at the foot of a pine tree and look out over the country we had traversed, sniffing the heavenly fragrance in a most inelegant way, all four of us.

In the late afternoon we reached the summit, the highest point on the famous Coronado Trail, where the road is ninety-eight hundred feet above sea level. We made camp for the night at Hannagan's Meadows, in which the snow lies eight feet deep in winter and the store is a four-months-open, eight-months-closed institution. It was still light when we arrived, so we could see the open pasture land (the first open place we had seen since getting into the mountains) surrounded by dense dark-green forest of pine interspersed with small groves of light-green aspens. The trees had a martial look, as though closing in gradually on the tiny settlement.

That first camp was a temporary one, but it might have been the only home the children had ever known from the business-like way in which they helped to gather wood for the fire, ate their light supper, and went to bed in the car.

Providing comfortable sleeping quarters had been a major problem in our minds, until we found by measuring that Betty was just the right size for the front seat and Jack for the rear. There were mosquitoes that first night and we were glad we had brought netting. Not that we could persuade the children to keep it over their faces—but we cut it in squares and caught one in each door of the sedan. The windows were lowered for ventilation, but no insects could get in through the improvised screens.

The children did very well in their front and rear "berths," if we overlook

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SAVORY ROAST BEEF

4 pound cut beef shoulder or rump	½ cup Globe "A1" Oil
4 tablespoons minced onion	4 tablespoons lemon juice
2 tablespoons Worcestershire sauce	4 whole cloves
2 tablespoons chili sauce	1 bay leaf
	Salt, pepper and water

MIX OIL and lemon juice for a marinade. Wipe beef with moist cloth, place in pan and pour over it 4 tablespoons of marinade. Keep in cool place, in 20 minutes turn meat and pour on it 4 more tablespoons of mixture. Turn in 20 minutes and add last of marinade, let stand 20 minutes or longer. Place in roasting pan, pour liquid from pan over it, brown in very hot oven. Turn meat, dredge with salt and pepper and pour around it a mixture of the onion, chili sauce, Worcestershire sauce and 1 cup of hot water. Add cloves and bay leaf, cover roaster and cook in moderate oven (350 degrees) for 2 hours, or until meat is very tender. While cooking, remove cover and baste roast occasionally with drippings in the pan.

Make rich gravy of 4 tablespoons of drippings to which 2 tablespoons flour is added. Stir over fire until thick, add cup of milk or water, pepper and salt to taste, and cook until thickened.

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the night they discovered on the floor of the car a box of yellow corn-meal that had been opened. By the time *we* discovered it, it was necessary to shake out the blankets and brush off the seats and the children! Corn-meal is good for cleaning upholstery, but after that we were more careful about leaving temptation right out in plain sight!

The second morning, we drove to the real fishing country and made camp before noon. A good-sized stream ran about fifty feet from the tent and in it Father hoped to catch some trout. He didn't, but Jack and Betty had a wonderful time throwing stones into the water to see them splash. Born and reared in the desert, they had never seen water running riotously down a mountain before! Their idea of rivers was gained from the sandy washes we dignify by that name in southern Arizona. After a prolonged rain these washes are torrents for a few hours, then the water sinks into the ground and disappears. This mountain stream ran on, and on, and on, fed by springs and melting snow.

After watching my offspring with an eagle eye for a day, I suddenly realized that they were not going to throw themselves into the cold water deliberately, and I breathed more easily. I didn't stop watching, but I began to enjoy throwing stones myself.

Games in Camp

And I soon made another happy discovery! It was most simple, only that they enjoyed the few familiar toys we had brought along more than they ever had at home. A box of wooden blocks; crayons, scissors, paper; two old dolls; all were suddenly very dear to their young owners. Brought for rainy weather when we might have to stay in the tent, the toys appeared every day, rain or shine, and occupied hours which, according to our pre-camping apprehensions, the children might have spent wandering in the woods, sought by distracted parents. A canvas six by eight feet, spread on the ground, made a play space large enough for most activities.

Two camp spoons, borrowed from the culinary department, were also treasured and used to make important excavations in the "woodsy" dirt around the roots of the pine trees.

On the fifth day we moved, the trout in that stream having proved indifferent to a wide variety of natural and artificial lures. At our new, and last, camping place, there was no water nearer than three hundred yards. The fishing stream for Father was farther away, but "our" stream was only that easy walking distance from camp, and there we built dams, dug in the wet sand, and picked up pretty rocks by the half-day. Even Betty learned to spot the kind of rocks we wanted, and we gathered a number of white, yellow, and red stones with which to decorate our outdoor fireplace at home. We discovered a hillside strewn with small fossils and interesting conglomerates. Jack had his first geology lesson there and we brought some specimens home with us to adorn our porch cactus garden. This searching for rocks was a whole-family activity, all of us working with the vision of our fire-place-to-be before our eyes. The fireplace-to-be has since become the fireplace-that-is, and each of us has his favorite rock in it whose history he can relate. Jack's is a "purple one that has iron in it," and Betty's a lovely yellow one that she found herself.

Cooking Was Easy

"Going to have another picnic?" was Betty's three-times-a-day question. Life was one picnic after another—breakfast, dinner, supper. Adult appetites were keyed to simple foods that children could enjoy, so the cook didn't have to plan two menus, as at home. Potatoes baked in the ashes, crisp bacon, canned tomatoes flavored with onion and butter, bread and jam, trout when we had them —every meal was welcomed with shouts of joy.

Fresh milk was impossible to obtain, so we took cans, dozens of cans! For the first two days, the children refused to drink evaporated milk, but on the third they decided it was mighty good and ever since have preferred it to the fresh product. When we were moving to our last camping place, we stopped in Alpine —elevation 7900—to fill a thermos jug with fresh milk for drinking. After that we gave it up, for the children agreed to drink it only on the condition that they might have their regular cups of the evaporated when it was gone!

We lived a lazy life in camp, but cooking and cleaning up had to be done with regularity. Jack and Betty were always wanting to help, so we encouraged them to gather fire-wood, dig holes in which to bury tin cans, pick up pine needles for starting fires, and do other odd jobs that caught their fancy. They liked to feel themselves useful members of the family group and working together gave us all a sense of unity that has persisted to a degree unknown before.

The one fault we have to find with our vacation is that it was too short. Next year we hope to stretch the ten days to at least a month. We have to eat somewhere—and the ice bill for the summer month will balance the gasoline bill, making our vacation cost us exactly nothing. And after all, our first camping trip with the children would have been worth while at any cost, even if Father and I hadn't had a perfectly glorious time. It's a rare privilege to introduce two young members of the human race to tall pines, mountain meadows blue with iris, aspen groves and friendly streams, and the return of any vacation must be estimated in something less tangible than money

Table Talk

KITCHENEWS," I might call this little column, for it is going to be rowded full of brief news notes that you an use today and every day to come, ith real advantage to yourself.

First, here's a tip for the melon season: o prevent the penetrating odor of canta- oupes from invading the butter and ther foods in your refrigerator, try stor- ng them in tin cans with tight-fitting overs. Half-gallon syrup pails make ood containers for these fragrant foods. f desired, chipped ice may be packed in round the melons in the cans.

★ ★

Speaking of odor-proof containers, are ou acquainted with that versatile kit- hen helper, vegetable parchment paper? se it for wrapping all sorts of perish- ble foods that you store in the refrig- rator, thus preventing undesirable dry- ng out of moist foods, as well as inter- hanging of odors and flavors.

One of the many good ways of using his sturdy waterproof material is for teaming or boiling vegetables. Moisten square of the paper, put the prepared egetables—string beans, spinach, peas, arrots (they are particularly good when rated), or any other—in the center, add utter and seasonings, then gather up he corners to form a bag, tie, and place n a steamer or colander over boiling vater in a covered kettle, or drop into he top of a kettle of boiling potatoes, tew, or anything you please. The vege- ables will cook in the usual time, and he flavors will not mix.

★ ★

The other day we received a card omplimenting Gladys Pullen Barada on er "Tricks in Canning Clings," in the uly issue of SUNSET, and asking for help vith Santa Rosa plums, which, as we all now, defy all ordinary methods of sweet- ning. Almost the same mail brought his contribution from another reader, Mrs. B. E. Harris of San Bernardino, California, giving at least one answer to he foregoing plea.

"Accidentally I discovered a new way o can Santa Rosa plums. Previous to his discovery I had always peeled them and used large quantities of sugar, and still they were sour—too sour. Last year I wanted to use some of them in conserve with fruit that ripened later, so I canned a quart unpeeled, unsweet- ened, in plum juice that had been strained. No water was used. I didn't make the conserve after all, so in the winter I opened the plums, stewed them gently with 2 cupfuls of sugar, and we thought they were the most delicious plums we had ever tasted. I shall never can them any other way, hereafter."

Do any of you who read this know any other answers to this question? If so, please send them along, in preparation for next year's crop of these delicious, tart plums.—G. A. C.

A Barrel of Fun for Boys and Girls!

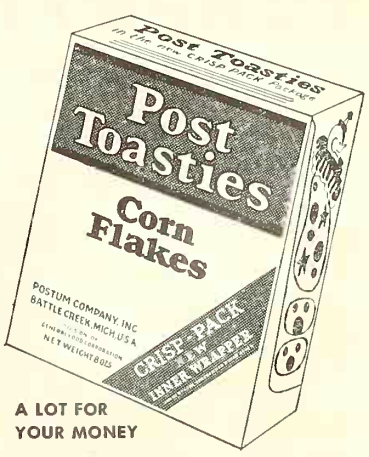
What fun you'll have with these wonderful toys! . . . and how you'll love these golden, crackly flakes!

You never in your life saw Cut-Outs like these! Soldiers and horses; circus animals and performers; and Posto the marvelous clown who actually does tricks!

Only Post Toasties gives you big, colorful Cut-Outs like these. So, always ask Mother to get you *real* Post Toasties.

And what a delicious treat these golden, toasted hearts of corn are! They stay so nice and *crisp* in milk or cream. And with fruits or berries . . . um-m-m!

Post Toasties is full of quick, new energy, too. So eat Post Toasties often! Be sure to ask Mother to get yours today in the big new Cut-Out Package! Post Toasties is a product of General Foods.



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Only the choice tenderloin of selected tuna is used for TUNAETTS, CREAMED—the finest grade of tuna obtainable. The twelve and a half ounce can serves two or three people liberally—and makes smaller "party" helpings for four or five. The low price will please you, too.

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If your grocer can't yet supply you, send his name, with yours, to: Coast Fishing Co., Wilmington, California.

Sunset KITCHEN RANGERS *Club*

BEANHOLE beans — perhaps the term has no special meaning to the average person but to the students, or as they are more commonly called "fernhoppers," of the Oregon State School of Forestry at Corvallis, it has a special connotation. To them the special preparation of this common food means just about the "last word" in real woodsman's fare.

Tempting hot beans cooked for hours in a tight container buried in the ground are the main dish at the fernhoppers big meals. Each Arboretum day when the fellows of the school gather in their forest north of Corvallis to make improvements and "slick up" the place, the beans are the greatest attraction of the day and the prime motivators for the work which precedes the big feed at the end of the day.

H. R. Patterson, professor of logging engineering at the school and chief chef of the beans, has gained wide renown for his method of preparing this famous army vegetable. Many a forester's wife has heard with tinges of jealousy of the rare delicacy and tempting aroma of "Pat's" beans.

Professor Patterson claims to have learned his art in preparing this rare dish from a Michigan timber cruiser who cooked his beans in a bucket buried beneath his campfire. He believes that the method probably started among the loggers of backwoods Maine, but is not at all certain of its origin.

"The main secret of preparing beanhole beans," Pat says, "is to have the coals in which the beans are cooked just right. This requires that there be plenty of them and that they be red hot. I believe that the coals have exactly the same cooking capacity as a fireless cooker, and for a small portion the fireless cooker method would be entirely satisfactory."

Pat prepares the beans for cooking in the ground by parboiling with soda until they are about half cooked. Then they are thoroughly rinsed with warm water to remove all traces of soda. It is essential that this be warm water as cold water tends to split the bean skins. After washing, the beans are placed in pails and seasoned before being placed in the coals. The size of pail may vary.

As contrasted with the Bostoni sweeter and firmer type of baked bean Pat is an advocate of the hot, spi Spanish dish which has met the popul approval of the forestry students. each gallon of parboiled beans he ad one pound of bacon cut in strips, o pint of catsup, six to eight chili pepper and garlic and salt to season. F smaller portions these ingredients m be decreased proportionally.

A small quantity of water is added fill the pails to within two inches of t top. After waxed paper has been plac under the lid to permit steam to esca and the lid put on, the pails are buri in the coals. About two and one-h pounds of dry beans are required make a gallon of the finished product.

The cooking coals in the two-foot de pit or trench are prepared by burni large quantities of wood over grat which cover the trench. These grat allow the live coals to fall into the tren which gradually becomes filled wi them. The trench is piled high with d to hold in the heat after the pails ha been buried in the coals.

Twenty-four hours are usually r quired for the beans to cook. They m then be removed and after cooling a ready to tempt the appetite of the m particular. By laying green sticks ov a hole on which a campfire is to be bu a pit could be provided for small-sc cooking.—Merle Lowden, Corvall Oregon.

Idaho Baked Beans

BAKED beans are always popul and they taste just twice as go when you cook them outdoors in a h I learned the trick from a Maine grar father, and they always hit the spot our family camping trips.

Dig a hole in the ground about t feet in diameter and two feet deep. Th line it with stones (the youngsters v beg to do this!) and keep a good burning in it for about two hours, ur you have a good bed of coals, and t rocks are nearly red-hot. When eve thing is ready, quickly rake the ash and coals out of the pit, except fo a few on the bottom, set your earth ware bean-pot in the hole firmly—(do t tip it over!)—and cover it complet

the top and sides with the hot coals. ıe whole should then be covered with ew shovels of earth.

Here are the directions for preparing e beans. Provide the following:

1 qt. of small dry navy beans, soaked overnight
About ¾ lb. fat salt pork, in one piece
A shot of molasses (About ⅓ cupful)
1 thick slice of onion
Salt, but no pepper
A good half-teaspoonful of dry mustard

Stoke the pot exactly as follows: Put l the slice of onion on the bottom, then out half the beans, then the hunk of lt pork, the rind of which has been ored with a sharp knife, and finally e rest of the beans. You'll find when ıu open the pot that the onion has most disappeared, and the pork has oken into several pieces.

Next, dissolve the salt, mustard, and olasses in part of the water, and pour over the beans. Then pour on just ough clear water barely to cover the ntents, put on the lid (it mustn't fit) tightly), and you're ready to put it the hole. (A small frying pan turned side-down over the top of the bean ıt will insure that no ashes or coals t into the beans. A piece of sheet iron the like will serve also.) Go away ıd forget it for six or eight hours.

When you come back to camp after ıe day's sport, dig up the bean pot and t down to a dish "than which there is) whicher"! The reason for their perct flavor is that they are cooked in a adually receding heat that first seals all the goodness, and then develops it the peak of perfection.—Glenn L. ıern, Coeur d'Alene, Idaho.

How to Heat Your Dutch Oven

A WORD might well be said about the proper use of a Dutch oven for aking. There is a right way and a rong way and a careless way to do verything. Perhaps the difference beween them may be trivial but it certainly requires no more time or effort to o it right in this case. When digging ıe hole or pit for the oven, do not dig a oppy flaring hole; cut the sides even nd neat and perpendicular. This will llow an even distribution of hot coals ll around the oven instead of being so eep around the top that your biscuits ill burn before they are thoroughly aked. A two-inch layer of red hot oals surrounding the oven is plenty. lard wood coals are best and the thickess of the coals should be governed by heir quality and endurance of heat.—e Roy L. Brandt, Burns, Oregon.

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Easy-to-Serve Meats *for* Guest Meals

By Bertha E. Shapleigh

SO many women say, "I would enjoy having guests for dinner if I had a maid, but it is such hot work to cook meat and have it right at the last moment to serve." Other women say, "My husband can not, and will not, learn to carve." Because we sympathize with these women, we offer the following suggestions. For formal dinners, the rule is strict about the meat or main dish; it must be a roast, or as the English say, "joint." But in a home where the hostess prepares the meal, she can do what makes for the greatest comfort to her guests and herself.

Veal Cutlets Delicious

Small cuts of lamb or veal, or poultry, are not only correct, but very acceptable. The best choice in veal is to have the butcher cut slices quite thick from the leg near the loin. These are "cutlets of veal" and if well cooked are extremely good. Wipe these cutlets with a damp cloth, then let them stand several hours in a "marinade" which, as you know, is a mixture of salad oil, vinegar, garlic, onion, and seasonings. Use four tablespoonfuls of oil, one of vinegar or lemon juice, one clove of garlic, one slice of onion, ½ teaspoonful each of salt and paprika, and a small fresh bay leaf. The above quantity will be sufficient for two large cutlets, and can be prepared and poured over the cutlets in the morning. It is well to cover the dish, so that there will be an infusion of flavors to penetrate the meat. After lunch, remove the meat from the oil, and cook in a hot iron frying pan until well browned on both sides. Remove meat and cut into pieces the size for serving, trimming off bone and fat. In the same pan in which the meat was cooked, make a brown sauce, using the oil which was left. To this oil add 4 tablespoonfuls of flour and brown, stirring constantly. Add 1 cupful of water, 1 cupful of fresh or canned tomatoes, ½ teaspoonful of salt, a little pepper, and 1 teaspoonful of sugar. Cook until the sauce is thickened, stirring steadily to make it smooth and glossy. In a pan place the veal, strain over it the sauce, and cover the pan. Cook slowly on top of stove over low heat, or in a moderate oven (350 degrees) for two hours, planning the time so that the meat will be tender and ready to serve at the proper time. If the sauce cooks away, add water or tomato juice to it. Each piece of meat should be coated with the sauce, and have a little extra sauce around it. If in the cot course is to be served on plates from the kitchen, serve with this ve a medium sized stuffed onion, or stuffed green pepper, making the stuffi of seasoned, buttered bread crumbs. browned potato or buttered noodl may supply the starch balance. Gree stringless beans and Italian squash a a good combination.

Be sure that the plate looks attracti and is not "messy." That is not a ve good word, but it expresses our meanin Small dishes of jelly, home-made pickl or relish, and small stalks of tend celery add to the appearance of t table, and are enjoyed.

Another suggested meat for a cor pany dinner when it is desirable eliminate last minute cooking and car ing at the table, is a stuffed lamb cho Recipes have been given before f "stuffed chops" but this is a bit differen

Different Stuffed Lamb Chops

Have the butcher cut the chops fro the ribs, and have them extra thick ar "Frenched"—that is, the bone left cle for a couple of inches above the mea For 8 chops prepare one pint of we seasoned mashed potatoes. Broil t chops on one side 4 minutes, and pla in a baking pan with the uncooked si down. On the meat of each chop pla the potato, and spread smoothly into thick mound. Brush potato with mi or melted butter, and sprinkle with bu tered coarse bread crumbs. Bake in hot oven (450 degrees) until crumbs a brown, or about ten minutes. The chops may be prepared when conven ent, earlier in the day, and set in t oven to cook while the first course the dinner is being eaten.

Having potato with the meat do away with the starchy vegetable, ar only requires two green vegetables, one green vegetable and a light sala One is likely to think of peas with lam but small green lima beans and buttere cauliflower would be a good combin tion. Also three slices of broiled tom toes, a spoonful of freshly grated hors radish, and broccoli or spinach, wou be a good color combination.

Flowerets of cauliflower sprinkled wi a mixture of chopped pimientos or gre peppers, and melted butter, served the plate, and a salad on a separa plate, would be appetizing. Let t salad be a combination of lettuce, pea cucumber, tomato, dressed with French dressing very well seasoned.

I suppose it is quite revolutionary suggest serving a cold roast of mea Not "left over" cold meat, the roa

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having been cut when hot—oh, no!—but meat roasted and allowed to become thoroughly cold before carving. And what a difference it makes in the flavor of the meat and it is all pink because the juices are still there. Lamb and beef are especially good, and also ham, chicken and turkey.

The carving is done in the kitchen, and the slices cut evenly across the grain. Two or three slices of lamb, but only one of beef unless the slice is very small (and it will not be small if the roast is well carved) may be placed on each plate, and garnished with a few sprays of watercress, also pickles and olives, or radishes cut into fancy shapes. With cold roast beef, serve French fried potatoes or potato chips which have been re-heated, glazed onions, and buttered beets, the beets being diced, not sliced. Celery may be passed, also any other relish one may prefer.

When serving cold roast lamb, have cubes of mint jelly beside the meat. Carrots, or carrots and peas, and potato or rice croquettes would make an attractive plate.

With these cold roasts, gravy may be made at time of roasting, and served hot, but always passed, of course.

Such a dinner will be appreciated by the guests, and there will be no hot kitchen cooking to tire the hostess.

Canning Notes

Oven Canned Plums

Wash plums, remove stems, pack into jars. Cover with hot syrup made in proportion of 2 cupfuls of water to 1 cupful of sugar. Fill jars to within 1 inch of top. Seal loosely, process in oven at 275°F. for 1 hour. If the plums are very firm, the processing time should be extended to 1½ hours. When canning sour plums use heavy syrup made with equal amounts of sugar and water. Complete the seal after removing jars from oven.

Oven Canned Pears

Remove stems, halve and peel the pears, and remove the seeds with a melon ball cutter or small measuring spoon. Pack closely into the sterilized jars, seed cavity downward, with the halves overlapping. Use a syrup made in proportion of 2 cupfuls of water to 1 cupful of sugar and add the juice of 2 lemons to enough syrup for ten or twelve quart jars. The lemon juice adds character to the otherwise bland flavor of the pears. Process at 275°F. for 1 hour, if using a soft pear such as the Bartlett. If a hard pear is used, lengthen the processing time to 1½ or 1¾ hours.

Editor's Note.—Did you see the article on Oven Canning in the June issue of SUNSET? If you would like more information on the subject, send us a three-cent stamp, and we will forward an interesting leaflet to you.—G. A. C.

Rice Krispies *Speaking*

from the cereal bowl

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Mr. Wileman Will Help You with Your Decorating Problems

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Your Home Questions Answered

By

Edgar Harrison Wileman

(Sunset Decorating Consultant)

My house is the bungalow type. The woodwork is redwood with handsome burls. Owing to porches and extended eaves the house is inclined to be "shadier" inside than I like. How can I brighten it and what kind of draperies should I use?—Mrs. C. T., Los Angeles.

The room could be brightened by painting the walls a rich ivory color or using a wallpaper of this same color. Then colorful printed linen or semi-glazed chintz draperies should be used at the windows. Gay pillows, yellow vases and the new, smart accents of white in lamps and accessories, will all help to brighten it.

I am wondering whether I should darken my hardwood floor in the living room. At present it is merely shellacked and waxed so it is quite light in color. What do you suggest?—Mrs. I. M., Spokane, Washington.

Hardwood floors look better when somewhat darker than the natural color. This is especially true of living room and dining room floors. In order to darken them it would be necessary to remove the present finish, then the oak should be filled, stained the desired color and finally waxed. This will give a rich, permanent finish and one that blends well with the furnishings of the room. Keep the floors waxed and polished at all times.

What kind of draperies should I use with a dark green broadloom rug? The sofa and chair are covered in rust mohair and a large chair and ottoman are in rose, blue and gold tapestry. The walls are covered in a tapestry effect paper with rose, gold and gray predominating. My room has two large windows across the front and one smaller one at each end. Shall I hang a pair of draperies at each window?—Mrs. A. M. M., Oakland.

Any plain fabric suited to the texture of your room would be correct for side draperies. A self-color damask is somewhat smarter and newer than velour. The color might be a copper-rose, something that would harmonize with both the rust and rose you have in the room. Hang one pair of draperies at each window and bring them down to within an inch of the floor.

My room looks somewhat "flat," I realize that I have too many plain areas. My rug is green broadloom and my upholstered furniture is covered in various colorful fabrics—all however with little or no pattern. Would it be correct to put two or three small oriental throw rugs on the green carpet?—Mrs. F. K., Eugene, Oregon.

Your suggestion of using the small rugs is excellent. Select them with rose and gold colors predominating and lay them parallel and at right angles with the walls of the room. One should lie in front of the fireplace, another in front of the sofa and another, perhaps, on the other side of the room to give an effect of balance.

My new home has a very delightful large bay window in the living room. There are six casement windows in the bay, each with diamond-shaped leaded glass. The sun pours in very much during the afternoon so I feel that glass curtains are necessary, yet I do not wish to shut out the view all the time.—Mrs. E. F. W., Hollywood, Calif.

Perhaps the best way to treat your windows is to have a separate curtain of casement cloth for each window, hung by small brass rings which permits each curtain to be drawn back or pulled across as desired. These can then be adjusted according to need. Over draperies would complete the picture. They could be hung either on the straight arch in front of the windows or follow the actual shape of the bay by means of shaped rods.

How shall I start refurnishing my old home? It is not possible to do it all at once, yet I feel that if I buy just a piece or two at a time the old furniture will look even worse by contrast. What do you advise? —Mrs. L. K., Reno, Nevada.

In a living room, rugs or draperies should be renewed first, then the upholstered furniture. Lamps should have early attention and finally the other pieces of furniture. It always seems best to refurnish one room completely before starting another, and to finish the downstairs before beginning the upstairs.

What are they using for drapery hardware in an English living room? I have several windows to drape, also an arch. Shall I use portiere curtains?—Mrs. F. B., Portland, Oregon.

Iron, wood or antique brass may be used in an English living room. Iron is best with the heavier oak furniture, brass is good with the lighter weight styles. Wooden rods are correct almost anywhere; they may be stained or painted according to the room and furniture.

Portiere curtains are used where needed. Some arches need them, others do not. If the arch looks bare or the room is draughty, then you should use portiere curtains. They should be made of heavy fabric with two thicknesses, back to back, used together, with interlining of outing flannel. (*See next page*

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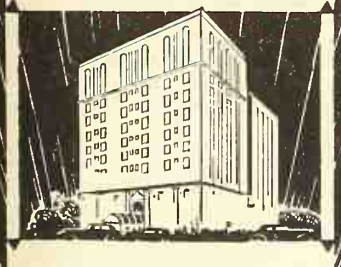

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Will you please assist me in deciding the correct material to use for window draperies in a living room? The room is 16x18. The walls and woodwork are cream color, the floor is covered with a plain blue rug. Would there be too much pattern if I used printed linen for both draperies and upholstered furniture?—Mrs. L. B. D., Alhambra, California.

Printed linen would be very suitable for draperies in this room, especially with English furniture. It is quite correct to cover a piece or two of upholstered furniture with the same linen as used for the draperies. Much would depend on the number of windows to be draped. With three or more pairs it would be best to cover only one article with the same linen and place it away from any window. The other upholstered pieces of furniture should be covered in plain, striped or all-over design fabrics in harmonizing colors.

Should each chair in the living room have a table beside it? My friend tells me this is the custom now, but I feel that it would crowd my room somewhat as I already have a long davenport table and a large gatelegged table.—Mrs. S. K., Los Angeles.

The correct vogue in living room tables is to have several small ones instead of one or two large ones. Davenport tables are used in large rooms together with smaller tables, but if your room is small it would be best to take the large tables out and use end tables, lamp tables and an occasional table with your chairs. Each separate chair does not require an individual table but, as we group our furniture in the living room today, each group should include a table of some kind to be used with the chairs or sofa of the group.

Please tell me what to use on the floor in a living room that is used a great deal by a young family. I have so much figure already in draperies and upholstered furniture that I feel the rug should be plain, yet from a practical viewpoint this is impossible.—Mrs. J. F. G., Santa Clara, Calif.

There are several types of floor coverings that should suit you perfectly. The nearest one to a plain rug is a broadloom frieze. This has a curled nap that does not show footmarks and lint so much as the usual broadloom. Then there is Axminster with a small, allover pattern that would serve admirably, or the hooked carpet with geometrical designs in allover effects that do not conflict with any other designs you may have in the room.

Will you give me some idea of the new colors now being used for living room draperies? I am so tired of the usual colors that everybody seems to have.—Mrs. F. J. K., Idaho Falls, Idaho.

Your question seems very simple yet it is a very difficult one to answer. A smart, new combination of colors for living rooms is blue and gold; this is seldom seen and should always be good. Perhaps the usual colors you refer to are red and blue. It is true that we have seen velour draperies in these colors and have, perhaps, grown tired of them. Colors, however, should not be chosen just because they are new, but rather because they suit the room both from the viewpoint of exposure and style.

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Western Health and Beauty

By Barbara Lenox

Bathing for Beauty

TO most people, swimming or bathing is the most enjoyable part of a vacation, and from the point of health and beauty, there is nothing more beneficial than to be pummeled by hearty waves of the sea, or to have an energetic river chuckle joyously over your clothes-weary body. There is joy in the contact of water on your body, and a delightful exhilaration for hours after. If only we could bring the sea, and a river or two, or perhaps a lake home with us! With bodies in perfect tune our worries shrink to midget size, but with nerves and glands at war, our difficulties grow to giant proportions.

While we must leave our beautiful rivers and lakes where Nature put them, we all have within our homes a really wonderful room, where we can duplicate some of the joy and exhilaration experienced during vacation. Yes, our old friend the bathroom, but let's call it the beauty room for a change, or health room if you like. Look upon it as an arsenal full of weapons with which to gain youth and beauty. Buy a yard or two of chintz, and perhaps a can of paint, and make it gay and colorful, and spend as much as you can afford on efficient equipment. With everything attractive and convenient, the daily rites of the toilet will become a pleasure instead of a duty, and you will emerge from your beauty room routine, fresh and radiant, like a person renewed.

Your Beauty Room

There are so many things you may do in your beauty room with advantage to your health and appearance, that you should never grudge time spent in it. Try to have a small dressing table or a cabinet for your beauty "weapons." Keep a good supply of dental floss on hand, a mouth wash, your favorite deodorant, rubbing alcohol, perhaps some pine bath salts to remind you of fragrant woods, and if you like perfume, keep a full atomizer, and use it on your entire body just after a bath, as it is more lasting and subtle when applied to the skin. If you live where the water is hard, you will want soda or oatmeal tied up in little cheesecloth bags to soften it, and have a carton of salt on hand, the table kind, because we're going to use it right away.

Now let's go in the beauty room and close the door. No, we haven't a modesty complex, but these little beauty rituals should be private affairs. Let family and friends admire the results, but the process of grooming let us keep to ourselves. Now off with everything. Let your body breathe while you brush your teeth, dash cold water on your eyes and thoroughly clean your face. Relax and enjoy yourself, this is your hour. While in a state of nudity, check up now and then on your weight and your figure, and see that it isn't building any additions on your waistline.

Follow your air bath with a friction bath, or take the friction bath first if you prefer. There are mittens for this purpose made of a substance like rope, or you may use a brush or mittens made of rough toweling. Whatever you use, rub the body vigorously until every inch is pink and glowing. And now for the bath.

There Are Baths and Baths

There are many types of baths, and your selection will depend on your personal taste and health, but for the psychological value if nothing else, put a little variety in your baths. Try a different type. Away with dullness and monotony! For cleansing, warm water, soap and a brush are best to remove dead skin and oily secretions from the pores, and if you don't use a shower, be sure to rinse off with fresh water. Now take a handful of table salt, and rub it on arms, legs, and back; rinse off with tepid water, then cold. There, don't you feel almost as refreshed as you did after your vacation swims?

For variety, and as a tonic, try a bath scented with pine bath salts, and for rheumatic tendencies there is nothing quite like an epsom salts bath. Take it quite hot, rinse off with cool water, and follow with an alcohol rub. This is excellent for troublesome feet. There are many other types of baths such as mineral baths, and milk baths—do you remember reading about Poppea, wife of Nero, who took fifty asses with her on her travels so that she might have a milk bath every day? The main benefit to be derived from bathing, aside from cleansing, is in the stimulation of the blood. That is why friction baths and brushes are important. Keep the blood tumbling and singing through your veins, and you will not grow old and have unpleasant ill periods. Spend an hour each day in your beauty room. Make yourself a gift of some useful and interesting bath accessories. Be a glutton for cleanliness, because it is impossible to look well groomed unless everything about you is immaculate, and that means speckless top knots, and all twenty nails, sinless teeth and intestines, and nostrils and throat! And so to bath!

West

LET me always dwell in a Western home—
Let my doorways face the West;
Where the flaming clouds of the sunset burn,
In the Western colors dressed!

Let my many paned windows, wide and long,
Open to the Western breeze;
Mingling wild, sweet breath of the sage and pine
With the breath of Western seas!

Let my horse go fast, o'er the Western plain—
Let the ardent Western sun
Wrap me fervidly close, in its drowsy heat
Until Western day is done!

Let me, dreaming, gaze on the Western coast
Where the Western harbors be;
As I watch the glowing Western sun,
Sinking in the Western sea!

Let me sweetly sleep, under Western skies—
Where the golden moon shines best—
Where I faintly hear the low Western wind,
Gently lulling me to rest!
—Nellie Imwalle, Greenfield, California.

Desert Noon

A TISSUE paper moon in a painted sky;
A ball of fire ablaze on high;
Heat waves ashimmer on a parching plain
Give the sun's rays back to the sun again:
Far blue hills in a hazy pile;
Near brown houses straggle single file
Where pepper trees droop in a weight of dust;
Little hot winds in a fitful gust
Eddy a whirlwind 'round and 'round
In a heat-mad dance on the burning ground,
Or sear the leaves with the desert's breath
That holds in its touch a hint of death.
—Joan Taylor, Taft, California.

Opulence

SILVER caps lie on the path
Doffed when poppies greet the sun,
Blue campanula nod their bells
For the lily nun.

Salpiglossis, amber, blue,
Riot by the fence
Burdened with the jasmine trailed,
Glittering like gold pence.

Ripe apricots spread on the grass
In spendthrift largess lie.
What rajah on his ivory throne
Is opulent as I?
—Anne Zuker, Los Angeles.

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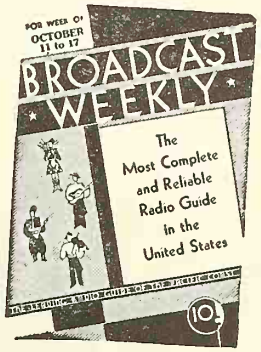

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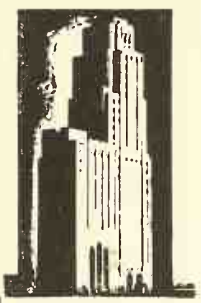

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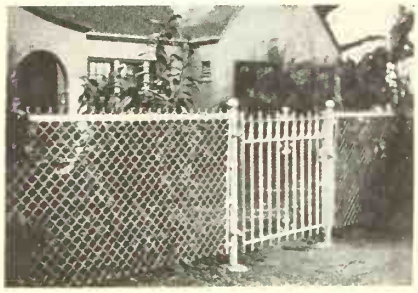

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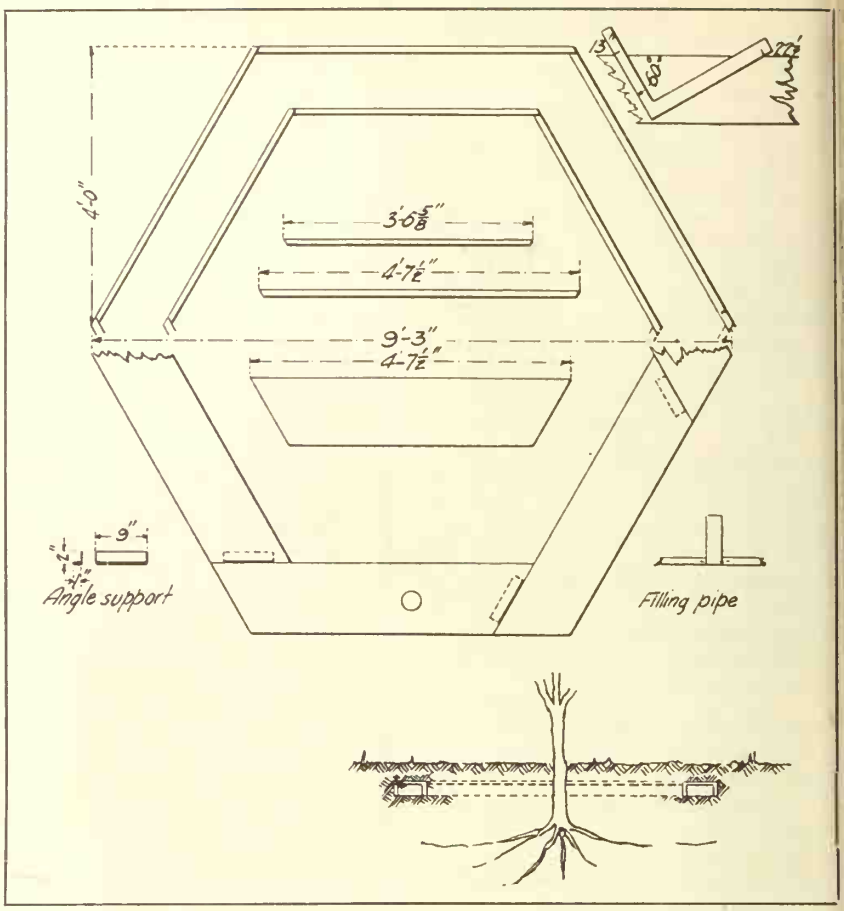

How One Westerner Waters His Trees

THOSE of us whose hobby is gardening find the week-ends far too short for our planned and necessary work. Any scheme for the elimination of routine "chores" leaving us more time for the things we enjoy doing is welcomed and promptly adopted. Amateur gardeners are always swapping seeds, plants, and ideas, so I'm going to share with SUNSET readers a labor-saving scheme that has to do with the watering of trees.

Formerly I spent half a hot summer day, twice a month, digging out shallow basins about the ten fruit trees in my back garden, filling these with water from the garden hose, and then when the water had disappeared, filling again with soil—and perspiration. After installing the sub-irrigators, to be described, this watering and a better job at that, takes less than half an hour.

Referring to the accompanying cut it will be seen that the irrigators are underground reservoirs or hexagonal inverted troughs placed about the trees with a filling pipe communicating with the outside. These are made of rough redwood lumber, 1x12's and 1x4's, cut to dimensions as shown in the upper part of the cut. The upper half of the hexagon shows the 1x4's, with cutting lengths, and the lower half shows the dimensions of the 1x12 cover boards and the way they are nailed on to the 1x4's.

The angle supports and filling pipe are likewise shown.

The following bill of material covers all necessary items for one such tree irrigator:

3 pieces 1"x4"x16' rough redwood.
2 pieces 1"x12"x14' rough redwood.
6 pieces No. 14 gauge galvanized iron 3"x9".
1 piece No. 14 gauge galvanized pipe 2½" dia. x 8" long.
1½ pounds 10 penny nails.

Cut the pieces to dimensions as shown using a square placed as shown in the upper right hand corner to get a 60-degree cut. Next select a flat spot in the yard and nail the 1x4 frames together, lapping always in the same direction, but leave the closing joint open so that it may be spread and passed around the trunk of the tree.

Dig a flat bottomed basin about each tree eleven inches deep and ten feet in diameter with the tree as center. Now place the concentric hexagons in the basin and nail the last joints.

In one of the cover boards a hole

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should be bored to fit the filling pipe snugly and this can be nailed into the board as shown. As the cover boards are nailed down, nail the angles to the side of one board to make a shelf or support for the end of the joining board to prevent splitting or sagging.

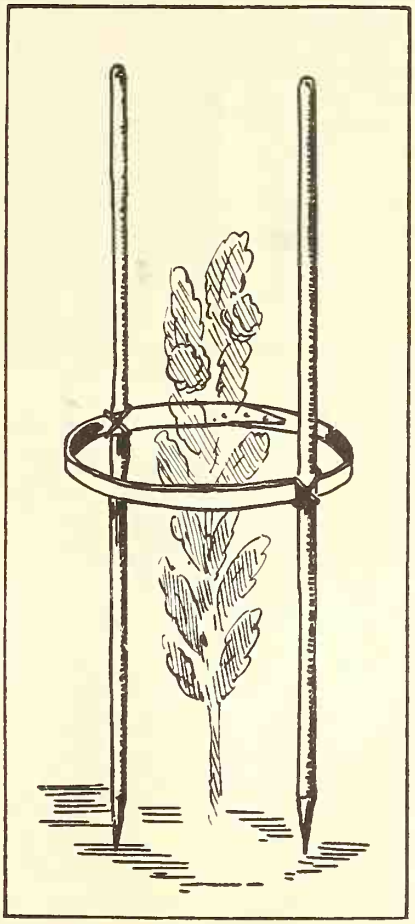
An inverted fruit can makes a good cover for the filling pipe. With the installation complete it will now be necessary only to find how long it takes to fill the reservoir so you can return from your other work and transfer the hose to the next tree.

Redwood kept damp lasts indefinitely, and the cost of material and the labor of installing you will find will be amply repaid in time and labor saved. You may want to wait until the ground is softened by fall rains to put these in place, for digging will be much easier then. Give yourself and the trees a treat next summer.—A. S. Kalenborn, Redwood City.

TWO AUGUST DAHLIA SHOWS

THE Dahlia Society of San Francisco will hold its annual Dahlia Show August 18 and 19 at the Palace Hotel in San Francisco. The Dahlia Society of California holds its 18th annual exhibition on August 25 and 26 at the San Francisco Municipal Auditorium. Be sure to attend!

The sketch below shows how Ella Kleinschmidt of Alta, California, stakes her delphinium. The hoop is from an old wooden barrel.



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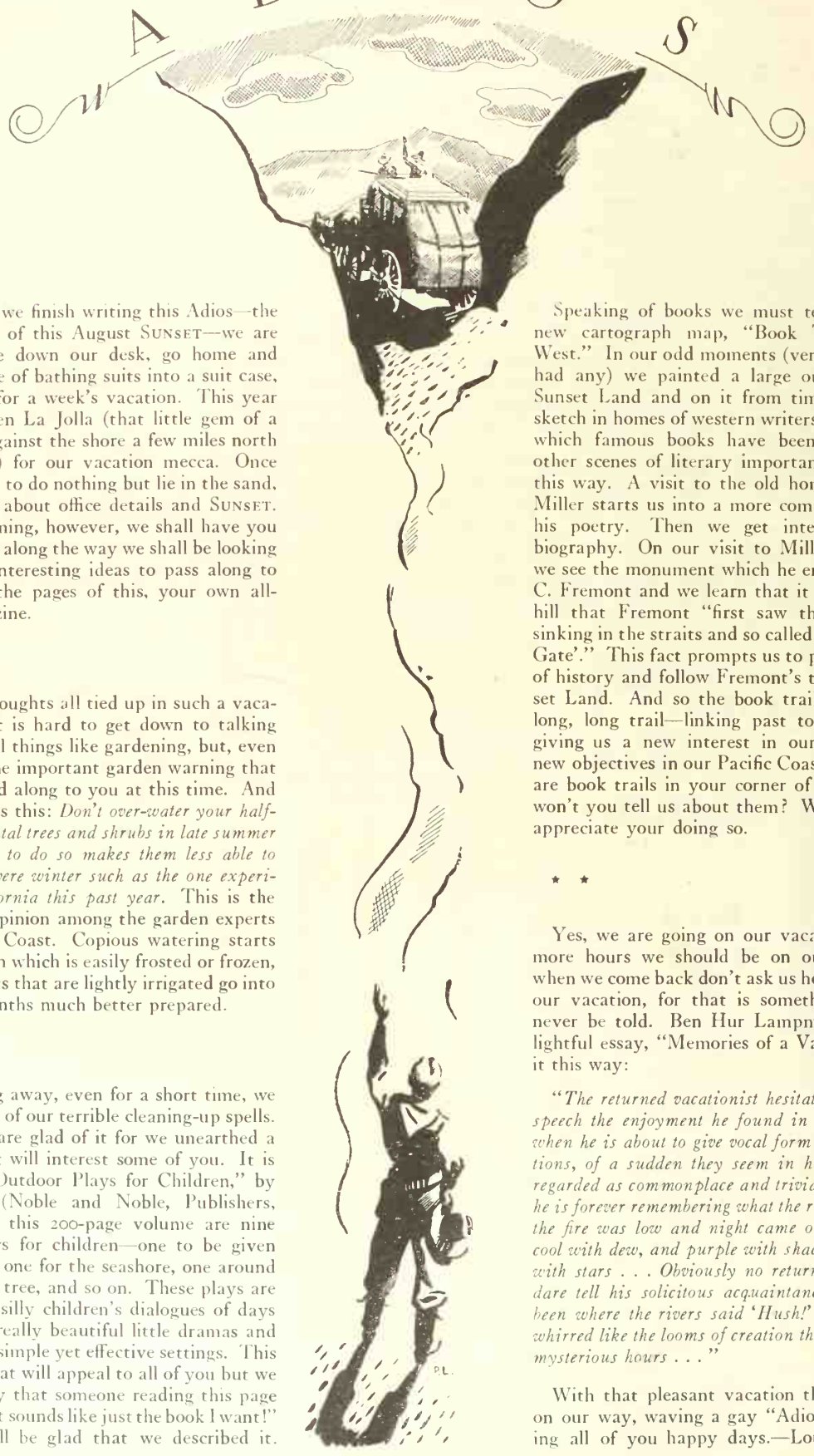


AS soon as we finish writing this Adios—the last page of this August SUNSET—we are going to close down our desk, go home and throw a couple of bathing suits into a suit case, and skip out for a week's vacation. This year we have chosen La Jolla (that little gem of a city nestled against the shore a few miles north of San Diego) for our vacation mecca. Once there we mean to do nothing but lie in the sand, and forget all about office details and SUNSET. Going and coming, however, we shall have you with us, for all along the way we shall be looking for new and interesting ideas to pass along to you through the pages of this, your own all-western magazine.

* *

With our thoughts all tied up in such a vacation bundle, it is hard to get down to talking about practical things like gardening, but, even so, we have one important garden warning that must be passed along to you at this time. And that warning is this: *Don't over-water your half-tender ornamental trees and shrubs in late summer and early fall; to do so makes them less able to withstand a severe winter such as the one experienced in California this past year.* This is the consensus of opinion among the garden experts of the Pacific Coast. Copious watering starts the new growth which is easily frosted or frozen, therefore plants that are lightly irrigated go into the winter months much better prepared.

* *

Before going away, even for a short time, we always get one of our terrible cleaning-up spells. This time we are glad of it for we unearthed a new book that will interest some of you. It is "Indoor and Outdoor Plays for Children," by John Farrar (Noble and Noble, Publishers, price $2). In this 200-page volume are nine charming plays for children—one to be given in the garden, one for the seashore, one around the Christmas tree, and so on. These plays are not the usual silly children's dialogues of days gone by, but really beautiful little dramas and masques with simple yet effective settings. This isn't a book that will appeal to all of you but we venture to say that someone reading this page will say: "That sounds like just the book I want!" If so, we shall be glad that we described it.

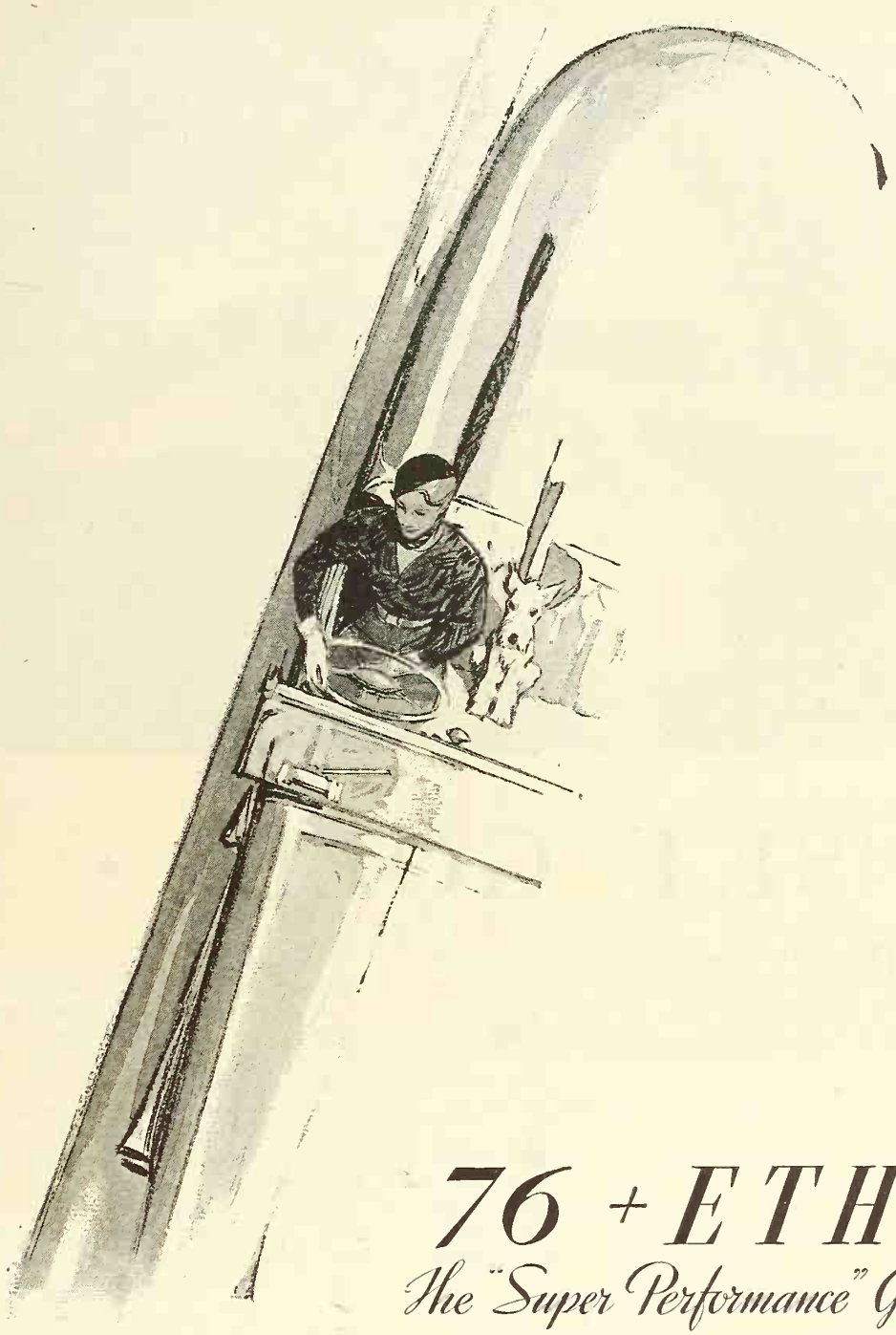
Speaking of books we must tell you of our new cartograph map, "Book Trails of the West." In our odd moments (very odd that we had any) we painted a large outline map of Sunset Land and on it from time to time we sketch in homes of western writers, places about which famous books have been written and other scenes of literary importance. It works this way. A visit to the old home of Joaquin Miller starts us into a more complete study of his poetry. Then we get interested in his biography. On our visit to Miller's old home we see the monument which he erected to John C. Fremont and we learn that it was from this hill that Fremont "first saw the golden sun sinking in the straits and so called it 'the Golden Gate'." This fact prompts us to pick up a book of history and follow Fremont's trail over Sunset Land. And so the book trail winds on—a long, long trail—linking past to present, and giving us a new interest in our reading and new objectives in our Pacific Coasting. If there are book trails in your corner of Sunset Land, won't you tell us about them? We shall surely appreciate your doing so.

* *

Yes, we are going on our vacation! In two more hours we should be on our way! But when we come back don't ask us how we enjoyed our vacation, for that is something that can never be told. Ben Hur Lampman in his delightful essay, "Memories of a Vacation," puts it this way:

"The returned vacationist hesitates to reduce to speech the enjoyment he found in vacation. For when he is about to give vocal form to his recollections, of a sudden they seem in hazard of being regarded as commonplace and trivial . . . You see, he is forever remembering what the river said, when the fire was low and night came out of the hills, cool with dew, and purple with shadow, and white with stars . . . Obviously no returned vacationist dare tell his solicitous acquaintance that he had been where the rivers said 'Hush!' at twilight, or whirred like the looms of creation through the long, mysterious hours . . ."

With that pleasant vacation thought we are on our way, waving a gay "Adios!" and wishing all of you happy days.—Lou Richardson.



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BIRTHDAYS, which come around with such distressing regularity after one has outgrown the anticipation of candle-decked cake, are likely to give one pause. A good thing it is that this is so, for it is well worth while for each one of us to stop at least once a year and take stock of ourselves, to see what sort of habits we are accumulating to carry us through our old age.

It is interesting to look about at one's friends and relatives, and speculate as to what sort of person each one will be when he or she is really old. And if it is interesting to consider others, how much more interesting to consider ourselves. Not much speculation in it, at that, for generally speaking we are at 77 just what we were at 37, only more so! Our dominant characteristics in youth become more predominant in age, granted that disease or accident does not step in to alter our personalities.

This would be a comfortless idea indeed were it not that we can, to a large extent, decide which habits of mind and body we shall carry with us into the future, and which we shall definitely discard as impediments to happiness. I contend that it is entirely possible for any normal person at any age to remodel his personality for the better. If he is intelligent enough to recognize that certain traits are hampering him, he is intelligent enough to remedy the trouble.

Most of the troublesome, mischief-making burdens that we are prone to carry with us into old age have their origin in selfishness. And most troublesome of the pack is resentment. Resentment against being looked after too well, or not well enough, by one's children. Resentment against a sister's writing too frankly to express an opinion on one's conduct, or not writing often enough. Resentment against being expected to help with the housework or the gardening, or not being permitted to touch a thing. Resentment against the family's choice of radio programs, or being asked to turn off the machine. Resentment over being urged to go to the movies or for a drive, or not being asked to go. Well, really, if one thoroughly enjoys feeling hurt, only the flimsiest of excuses is needed to stir up a good case of being either crushed and silent, or dignified and silent, according to one's pet form of expression.

IF you, at 20 or 30 or 40 or 50, find in yourself a tendency to notice slights and harbor grudges, start right now to break yourself of the miserable habit. Resentment is a rank growing weed, crowding and strangling and starving out the flowers of charity and love. If you can conquer it, you can surely conquer anything else. Then you can look forward with confidence, not to cold gray fog, but to true sunset gold at "the last of life, for which the first was made."—G.A.C.

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SEPTEMBER 1933
Vol. 71 No. 3

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WE have just been lunching sumptuously on one of the good looking ships of the Great White Fleet in the Canal-Havana-New Orleans service and again on one of the "535's" as they call the smaller, more informal but entirely comfortable ships in the round-the-world service. ($749 around the world now!) As we lunched we were thinking of how our readers in or near port cities would like to see these ships, or the particular ship in the service in which they were interested. Write the SUNSET Travel Service Department, 1045 Sansome Street, San Francisco, enclosing a stamped envelope for reply, and tell us which of the trips mentioned in various issues of SUNSET Magazine appeals to you. We shall be glad to see that you receive passes to go aboard and inspect the ship in which you are interested. Incidentally, if you are considering a trip by one of the new night coaches in the service between Los Angeles, San Francisco and Portland, don't hesitate to stop at the motorcoach station and ask one of the attendants to show you through the coach. He will be glad to explain the comforts and conveniences of this new night coach. Anyone will enjoy spending an hour or two at one of our busy airports. If you cannot spot it for yourself, ask a ground man to point out one of the new world's fastest multi-motored planes that permits breakfast in San Francisco and luncheon in Salt Lake, or that can whisk you from coast to coast in as little as 18 hours!

Trails to Mt. Whitney

Travel Editor, Sunset Magazine:

I am contemplating spending two weeks in the Mt. Whitney region. I should like to have a little data on this vicinity if possible. Is the climb made from the east or the west side of the mountain? Do you have a map of this region? Any information you can send will be appreciated.—W. C., San Diego, California.

Our first suggestion would be that you get in touch with a regular packing company—there are a number of these on both sides of the mountain, and we have sent you a few folders giving further details. You can arrange to go out with a guide, or you can secure necessary equipment and animals, and then make the trip unaccompanied if you wish. Mt. Whitney, 14,495 feet, and the highest peak in the United States, may be scaled either from the Sequoia National Park route, or from the eastern slope. From the western Sierra slope follow the Kern River to Whitney Creek, Crabtree Meadows, and from there the climb can be made to the top by foot. This is a three to four day pack trip. The second route is from Olancha via the Cottonwood Lakes and then by way of Army Pass to the top of the mountain. The shortest route, and the one most used by persons carrying their own packs follows Lone Pine Canyon, crossing Whitney Pass. This trail has been rebuilt by the government into a good highway. Horses and equipment may be procured where the trail begins at the mouth of the Canyon west of Lone Pine. The best map of this region, and the one we always recommend because it is authoritative, is the government quadrangle. This may be secured for a few cents at leading stationery stores. We have also sent along some booklets that will give you further information about the Mt. Whitney country.

CENTURY OF PROGRESS EXPOSITION

THERE is still time to attend the World's Fair in Chicago. In fact, September and October are ideal months in which to make the trip for weather will be cooler and crowds smaller. Write to Sunset Travel Service for booklets and detailed information, stating whether you plan to go by rail, automobile, motorcoach or plane. The Fair closes November 1.

When Does Kilauea Erupt?

Travel Editor, Sunset Magazine:

We are anticipating a trip to Hawaii. About how much would a trip like this cost per person? We want to go first class. Would it be practical to take our car along? What are the hotel rates? We should like to make the trip in January. Will the Kilauea Crater be active then? We have never made such a trip before, and any information you can send will be helpful.—H. H., Portland, Oregon.

To persons who have never before visited Hawaii, we like to suggest the all-inclusive tours. When you buy your one ticket, you pay for your steamship fare, taxi fare to and from the dock, baggage transfer, hotel, and meals during your stay in Honolulu, and expenses of sightseeing while ashore. The added feature about these tours is the fact that they may be altered without difficulty to suit your plans—whether you wish to spend a week or a month in the Islands. For example, you can make the round trip between San Francisco and Honolulu in 16 days, allowing five full days in Honolulu, at the all-expense tour cost of $263.40 a person. This covers first class accommodations on the steamer and a double room at the Moana-Seaside Hotel. The rate is slightly higher if stopping at the Royal Hawaiian Hotel. Tours of longer duration may be planned at no additional cost in the steamship fare. Literature has been sent to you outlining these tours and giving you information on Hawaii. It is possible to take your car to Hawaii for $60 each way, and up, depending upon the wheelbase measurement. The matter is as simple as checking your trunk. There

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are hundreds of miles of well-posted concrete highways in Hawaii, and if you plan to stay in Hawaii for any length of time, you would find good use for your car. Kilauea Crater does not erupt on schedule, although it is an active and constantly seething volcano. Its last demonstration was about a year ago, and no definite date has yet been predicted for another eruption.

National Parks of the West

Travel Editor, Sunset Magazine:

We have been planning a rather leisurely motor trip for this fall, to include points of scenic interest, and as many of the national parks out here in the West as we can. We have been told, however, that most of them are closed by the middle of September. Is this right?—P. I., Walla Walla, Washington.

Some of the national parks are closed by September 15 to 19, but the following are open until October 15: north rim of the Grand Canyon, Mesa Verde, and Zion. Bryce Canyon is open only until October 1. The following are open the year around; Carlsbad Caverns, General Grant, south rim of the Grand Canyon, Mt. Rainier, Rocky Mountain, Sequoia and Yosemite National Park. We have sent you a map on which the location of national parks is designated.

Around and Over America

HAVE you $270 to spend on one of the most thrilling trips you could ever make? Everyone wants to take a trip through the Panama Canal; everyone wants to go gay in Havana at least once; everyone wants to revel in the cosmopolitanism of New York; and everyone wants (we sincerely hope!) the thrill of a trip by air from coast to coast in one of the new world's fastest planes. Roll all your wishes into one, and you *will* have a grand trip! Under a new arrangement, it is possible to make just such a trip: by boat to New York in 16, 19 or 22 days, depending upon the ship on which you travel; and return by plane from New York to San Francisco in from 18 to 20 hours. The round trip may be made for $270 and up, depending upon the steamer accommodations. This fare includes meals and berth on the

★ ★

Yosemite

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El Capitan, the Merced's summer voice,
The Happy Isles, the Mist Trail, Valley View,
Till my bewildered eyes can have no choice!

Never can there be words framed to describe
The alpin-glow on Half Dome, nor the spell
Of Mirror Lake and Glacier Point have cast
Upon me, haunting me where 'ere I dwell!
—Cristel Hastings.

steamer, of course, and light buffet luncheon served in the air on the return flight. It is also possible to reverse the route, flying East and returning by boat. Write for details.

Around the Pacific

A MOST important travel event in early 1934 will be the Pacific Cruise, sailing from San Francisco January 23 and from Los Angeles January 24. With the 1934 cruise rate at $1000 and up, *including* shore excursions, this will be a difficult cruise to pass by. Why not be on board ship this year instead of on the dock? Imagine the thrill of last minute partings, the noise and hubbub on the dock, the deep-toned whistle, the first motion of the ship as she finally pulls away from the dock and you realize you are off! Off for an 81-day cruise around the glamorous Pacific. The skyline fades away, and life takes on a different aspect. First Hawaii, then the South Seas, New Zealand, Australia, around the Barrier Reef, and then Port Moresby, Bali, Java, Penang, Singapore, Bangkok, Manila, ports of China and Japan, and then a final glance at Hawaii before the return. So much can be said of each of these fascinating ports of call, but lack of space limits description. However, an illustrated booklet is available to persons interested in reading further about this 1934 cruise of delight. Address your inquiry to the Travel Service Department, and enclose a three-cent stamp.

Mexico by Rail

Travel Editor, Sunset Magazine:

Will there be any special rates in effect by rail to Mexico if I go later than October? The summer rates, I understand, are over at that time. I wish to go to Mexico City, and then to spend the greater part of my time in Cuernavaca.—A. L., San Francisco, California.

While the summer excursion rail rates are on sale only until October 15, with return limit October 31, it is possible to buy a special all year round trip ticket to Mexico City, good for four months, but on sale throughout the year, for $123.90 round trip from San Francisco. A lower berth via El Paso is $25.50 and via Nogales is $27.13 each way. The local rail rate between Mexico City and

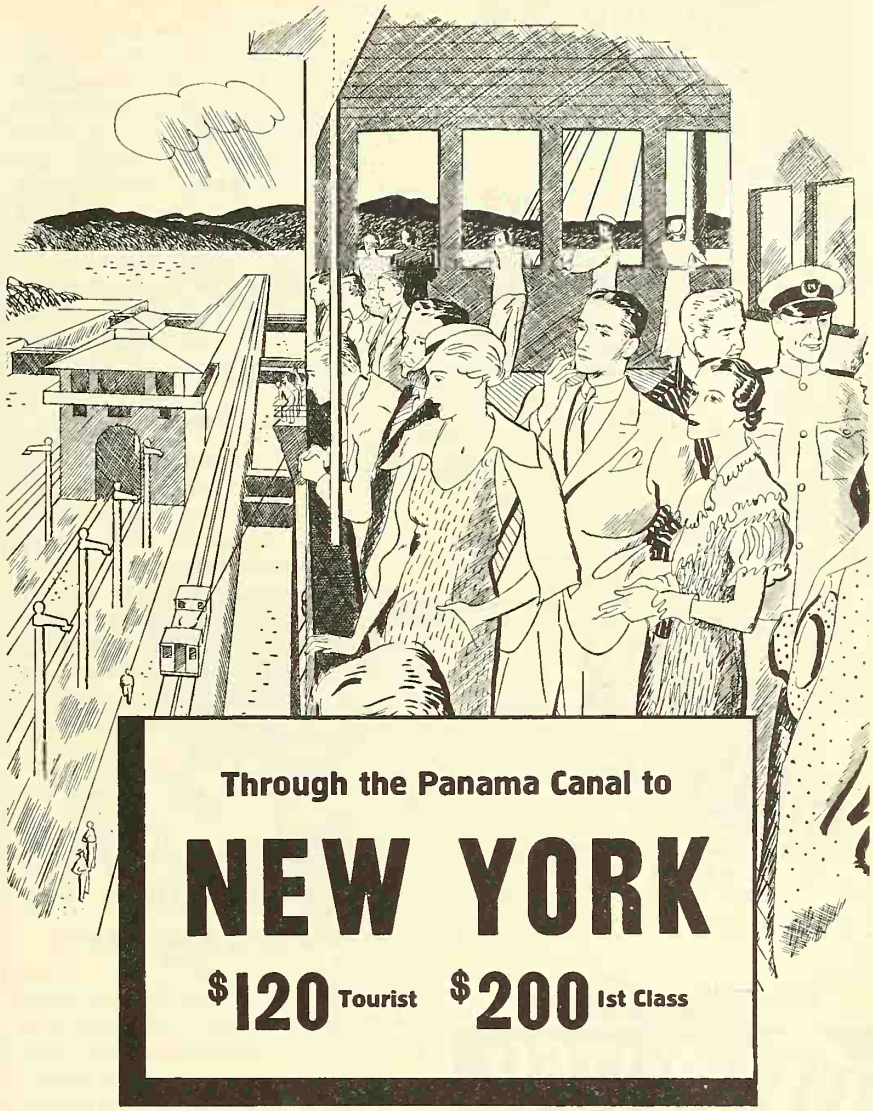
* *

Puget Sound

HERE the swift waters find their way to sea
From cove and inlet, meeting every tide,
While log-booms ply their lumbering way across
The path a home-bound ship may swiftly ride.

High on her terraced hills, Seattle lies.
Below, the teeming harbor, silver bright—
Tacoma, Bremerton—a dozen isles,
With lights, afloat like battleships, at night!

—Cristel Hastings.



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17 Hrs.	Cleveland . .	130.00
21¼ Hrs.	Washington . .	152.00
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Cuernavaca is $3.35 round trip. Cuernavaca is only about two hours from Mexico City by either motor or train, and is the weekend resort of residents of Mexico City. November to March usually sees the height of the tourist season in this vicinity, where climate and scenery are unsurpassed. We have just received a supply of leaflets entitled "Colorful Mexico" and we are sending a copy along to you. (*Editor's Note.*—Copies of this leaflet are available to other readers for a three-cent stamp. Address your inquiry to the Travel Service Department.)

Pendleton Round-up

"WHEN it's round-up time in Texas" is a song that gives one nostalgia for the out-of-doors, early morning horseback rides, dude ranches and rodeos. September 21, 22 and 23 is round-up time in Pendleton, Oregon. This year will mark the 24th annual performance of the Pendleton Round-Up, one of the most famous of western rodeos, and it promises to be better'n ever!

* *

Rambles in Europe

With Jane C. Higbie

Bells and a Feather Bed

THE sound of bells awakens something of romance wherever it is heard; and to Switzerland, that little country of almost overwhelming beauty, they add much of romantic attraction. Bells are everywhere! In the market place may be heard the professional ringer of bells, who by sureness of touch mingles the tones of the many bells before him into a beautiful melody.

My friend and I began a summer's pilgrimage at Lugano, at the head of the famous Italian Lakes—a border town and gateway to the Alps. Here we saw a group of men returning from a holiday among the mountain peaks, their alpenstocks (tall staffs with spiked ends and hooks for climbing) crowned with mountain flowers, sprigs of laurel stuck in their hats. One among them boasted a spray of the hardy white Edelweiss, which lifts its starry face to the sky from almost inaccessible crannies of the highest cliffs. Its very possession proclaimed him the best mountain-climber of the group.

On the cleanest of trains we began our Alpine journey, past peasant homes of wood with stone tile roofs, slabs of stone set on edge serving as fences, and great cables to carry wood down the mountain-side. Green meadows, starred with flowers and bisected by rushing streams of foaming water tumbling down from their glacier sources, were seen at every hair-pin turn. We passed one pictur-

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PORTLAND, OREGON

esque little church four times within the hour!

From the train windows we saw tiny bells on the wire fence that is the barrier between Switzerland and Italy. The slightest touch would send their vibrations along the wires to the sentry-boxes, where armed men were posted to defend the country's neutrality and to prevent any bold spirit from crossing without a passport.

Toward evening the bells of cattle returning to the barn-yard were heard, and herds of goats, moving higher into the mountains as the summer advanced, made pleasant tinkling music, while occasionally above the rest could be heard the lilt of the herder's flute or the wind of an Alpine horn reverberating among the peaks above.

On we went through the marvelous St. Gottard tunnels, 1,500 feet below the surface and some 20 miles long, to Fluellen, at the foot of Lake Lucerne.

A treat was ours—after about two hours of sailing we witnessed a gold and copper sunset, mirrored in the quiet waters of the lake. This was our welcome to lovely Lucerne, city of walls and watch-towers, and ancient wooden bridges whose vaulted roofs are covered with paintings telling the history of the city.

Here the famous Lion of Lucerne, carved out of the solid rock of the cliff side, turns his face to the Alps, where the Rigi and Mt. Pilatus look down upon a magnificent panorama of snow-capped peaks and rolling valleys, unlike anything else in the world.

Our Dientzmann (porter) heaped our bags upon his two-wheeled cart and we followed, on foot, to the hotel. No reservations gave us little choice and we were given one of the rooms usually occupied by the family. My friend rebelled at the feather beds and lighter feather pallets for covering, but I snuggled down between the two layers of feathers, cozy and warm.

In drowsy retrospect I could wish for no greater pleasure for those who might later read of our wanderings, than this—a day crowded with magnificent scenery; the sound of bells and Alpine horn; a supper of ripe red strawberries topped with the soft cheese made from sweet, smooth cream, crisp Swiss rolls and a cup of hot tea; and later, deep sleep between two feather beds, in the clear sharp air of an Alpine night, where bright stars shine upon great snow-crowned peaks, above lovely Lucerne.

ARE you planning a trip? Is it a week-end jaunt or a tour around the world? Whatever your plans, just drop us a line for information! Your letter will receive a personal reply. Be sure to enclose postage or a stamped, self-addressed envelope for our reply.—Travel Editor.

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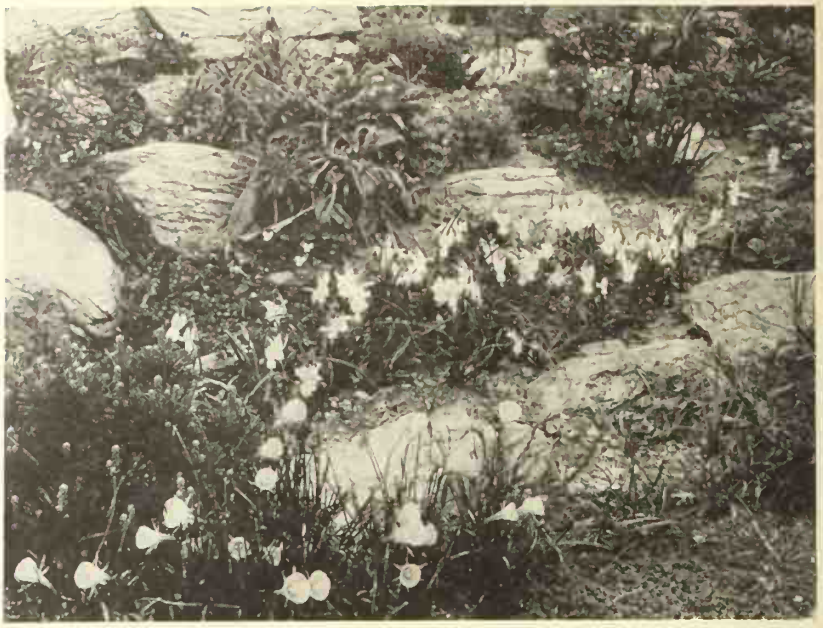
Beginning A New Series of Articles

By

SYDNEY B. MITCHELL



Trials of a Sunset Gardener

This Time Mainly About Bulbs for the Rock Garden

PERHAPS I have chosen a misleading title for a new series of papers, which, on the suggestion of the editor, are to be of a less formal character, more intimate, and in their topics more diverse. "Trials" to many mean only something disagreeable. I seem first to have heard the word as a child in the 'eighties, when the grownups of the family referred to Uncle Joe as a trial to Aunt Jane. Uncle Joe had a black waxed moustache, used pomade on his hair and had what would now be called a roving eye, so that use of the word was doubtless properly applied to him.

But it isn't of that kind of even a gardener's trials I propose to write, so don't look in these pages for acrid comments on garden pests, moles, gophers, thrips, mealy bugs, birds, the neighbors' cats, seeds that won't come up or weeds keep down. It won't have anything to do with certain of one's garden visitors, those who always come to the garden when it is at its worst, those who call on you for advice but really intend giving you plenty, those who have everything you have or nothing and want them all, those who gurgle and rhapsodize over the commonest thing in your garden, or who stand unmoved at the display of your greatest floral treasure.

Trials here will mean the same as in preliminary athletic contests, designed to pick the outstanding for the final heat. They will refer to my own and sometimes to others' essays in the culture of the less common or the neglected, in the adaptability of plants to our conditions, to possible combinations for better effects. Perhaps, too, I will sometimes forget the title altogether and just ramble on with what interests me until a benevolent editor provides me with the terminal facilities which my students seem to think I lack.

One of the gardener's trials, in the unpleasant meaning of that word, is the appearance of the rock garden through the California winter, which does not mercifully hide it under a snow blanket. In colder, wetter climates it can be kept at least green in spots by the use of dwarf coniferous evergreens, and even in semi-arid sections broad-leaved evergreen shrubs and perennials are a help through the time when the real alpines are asleep. But the rock garden has then little or no color, and too often dozens of wooden labels, marking dormant plants, give it a cheering likeness to the poorer and more crowded parts of a cemetery.

For variety and color in winter and early spring why not try patches and pockets of some of the smaller bulbs? Here they are in proper proportion and not likely to be lost or overlooked as they would be in the open border. Moreover, where they have special cultural needs these can be more readily given and controlled in spaces bounded by rocks.

Most rock garden bulbs should be planted quite close together, not more than an inch or so apart in the group, for otherwise the effect will be thin the first year at least. The ideal arrangement for many of them would be a car-

These fragile blossoms are Narcissus triandrus described in this article. At top of page are the same narcissi growing in the rock garden. Photographs by J. Horace McFarland

pet of thyme or some such flat, shallow-rooting ground cover to eliminate the mud splashes from winter rains, but a gravel surfacing of the planted area will also prevent this even if it is less desirable than a green background. The selection of bulbs is based on recent trials in my garden in the Berkeley hills. With differing conditions all the recommendations can hardly be suitable, but I have taken advantage of the trials of garden friends as well.

The very word Snowdrop sounds alluring, and on the north Pacific coast all species will do well, just as they do in eastern American gardens, but in California *Galanthus nivalis*, the common snowdrop, is not generally a success. Far better for us is the larger and equally beautiful *Galanthus elwesii*, which with a cool exposure and a good deal of moisture persists with me and thrives even in southern California. The Leucojums or snowflakes are a bit tall and husky for the rock garden, so are better for naturalizing. *Chionodoxa luciliae*, with wide open, white-centered, blue flowers, is also well worth a trial.

Scilla sibirica, the lovely little blue squill which is grown in the grass in colder climates, failed to adapt itself to my conditions, but *Scilla nutans*, the English bluebell, does fairly well especially in half shade. The one really best adapted to California is *Scilla campanulata*, the Spanish squill, from a drier climate, a bit big for a small rock garden, but a small patch, preferably of one of the blue forms, is effective in late spring. All the blue, white, and even the rather poor pink forms of it do well naturalized.

The grape hyacinths or muscari are again, in the commoner forms like *M. botryoides* or the variety Heavenly Blue, better woods' plants than adapted to a small rock garden, as they spread rapidly, but a pocket or patch may of course be replanted every two or three years and so kept within bounds. However, *Muscari azureus*, also known as *Hyacinthus azureus*, is much earlier, far more dainty, and a delightful pale blue in color, and it is never exuberant.

With the crocuses, so welcome at the close of winters in cold climates, it is far better in the rock garden to plant the wild species, which have smaller, narrower-petalled flowers, rather than the larger Dutch-made garden varieties, with their well-fed air. Moreover, in my experience they are more persistent in California. I am particularly fond of *Crocus Sieberi*, which has often flowered with me as early as Christmas, when its lavender blue flowers are especially welcome. *Crocus Tomasinianus* is later, with sapphire blue flowers, and with it often flowers *C. susianus*, in lovely golden yellow with a brown backing to the petals. These with the purple and fawn *Crocus imperati* would make a fine quartette for the rock garden.

The great iris family has a lot of nice little dwarf bulbous species which are awfully slow getting to us. The only one generally available is the dark purple blue *Iris reticulata*, a gem for the rock garden, violet in scent as well as color and brightened by golden blotches or signals at the base of the falls. *Milla biflora*, also listed as *Triteleia biflora*, with flat foliage and dozens of little upstanding, porcelain, star-shaped flowers

Demonstrated This Month In

SUNSET HOME INSTITUTE

Mrs. Sydney B. Mitchell, who collaborates with her husband in his gardening and writing will discuss bulbs and bulb planting at the Sunset Home Institute, The Emporium, San Francisco, Sept. 25 at 2:30 p. m. You are invited.

A corner of Mr. Mitchell's garden showing at left a low rock wall where these bulbs flower in early spring

in early spring, is delightfully easy and so persistent one can hardly lose it.

Among the South African bulbs flowering in later spring *Tritonia crocata*, in a color between coral and tomato red, is dwarf and very striking. Some of the good color forms of sparaxis are also adapted to this purpose. All the South Africans like a warm sunny place and a drying out all summer. Of course for rather similar conditions we have our own dwarfer calochortus, (sometimes called star tulips), species like *C. Benthami* and *maweanus*, very different from the tall mariposas.

Of the winter and spring flowering bulbs for this purpose only tulips and narcissi are left. Certainly the only suitable tulips are species, not garden hybrids, and of these the dainty little red and white *T. clusianus*, the lady tulip, is the best. It likes planting about eight inches deep in well-drained soil and then being left alone. My second choice would be for the waterlily tulip Kaufmaniana, a much larger, more opulent flower of white with a golden center, so early it is generally the first of the family.

The genus Narcissus gives us most gems for the winter rock garden and it is there that these dainty miniature daffodils can best be grown. Of *Narcissus bulbocodium*, the hoop petticoat daffodil, there are white, lemon and golden yellow members. By far the earliest is the white one, *N. bulbocodium Clusi* or *monophyllus* from Morocco, which often presents its wide-open flowers to me in early January.

The lemon *Narcissus bulbocodium citrinus* and the commoner yellow *conspicuus*, both much taller and later in flowering, have the more characteristic hoop skirt shape. They make most attractive little clumps with many flowers when established, for they are easy and increase quickly. Having to try out their culture in California, I have given them considerable shade, but Mrs. L. R. Lothrop has demonstrated by more marked success in her San Bernardino garden that gritty soil and the hottest place in the garden agree with them, even though moisture and sandy peat are recommended by the largest commercial growers of these bulbs in Oregon.

Daintier and more difficult with me is *Narcissus triandrus*, the little white fuchsia-like flower with the common name of Angel's tears. It prefers shade, and a gritty soil with good drainage. It is worth some trouble. The triandrus hybrids are larger and easier and I am glad to be able to especially commend Agnes Harvey as a good doer now available in California and particularly well suited by its size to the rock garden.

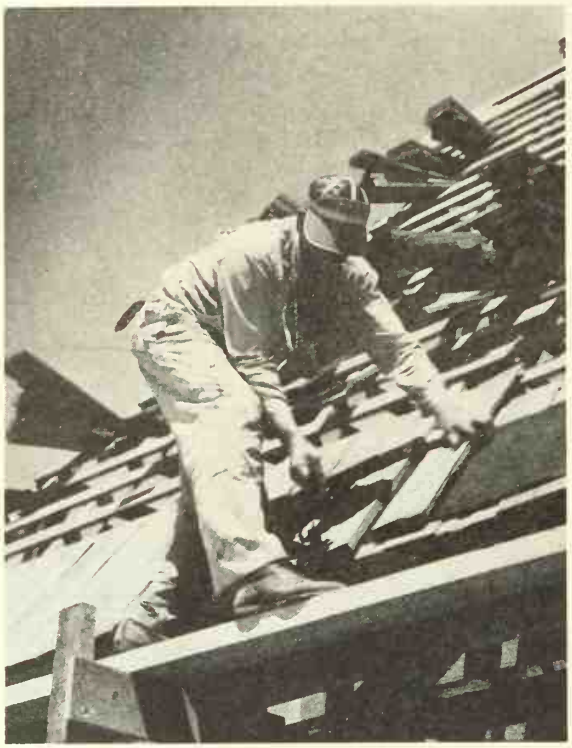
The little yellow cyclamen-flowered daffodil, *Narcissus cyclamineus*, should be tried in a damp spot in the rock garden with sandy peat as its recommended soil. An excellent hybrid of it, considerably larger than the species, is February Gold, a little daffodil which always justifies its name even in my late garden. I wouldn't be without it for itself and its earliness.

The jonquils are a bit big for the average rock garden, excepting the one listed as *Narcissus jonquilla* simplex. Even smaller than this is *Narcissus juncifolius*, the miniature rush-leaved daffodil. *Narcissus nanus* and *N. minimus* are also appropriate and so is the pygmy tazetta or polyanthus *Narcissus canaliculatus*, an intriguing little thing from the Mediterranean Riviera which has a native climate not unlike ours. Where it proves shy flowering an occasional lifting and sun-drying of the bulbs may be effective, but in general let the rock garden daffodils alone as long as they are happy and not too crowded.

I am writing early about rock garden bulbs for winter and spring flowering as the supply available of some of them is not great and the earlier gardeners will get them, but in general in California there is little advantage in planting the spring flowering bulbs before late October or November when the first rains usually come. Exceptions to this are the watsonias, which are best in the ground in September, and the daffodils, which I try to get in as soon as they can be obtained.

Next month I want to tell SUNSET readers about my recent plant hunting expeditions, mainly into the wilds of Seattle and Vancouver, B. C.

Editor's Note.—Here's a garden tip for you—save every one of these articles by Mr. Mitchell, and eventually you will have one of the most reliable, practical garden books ever written for the West. This article is first in the series.

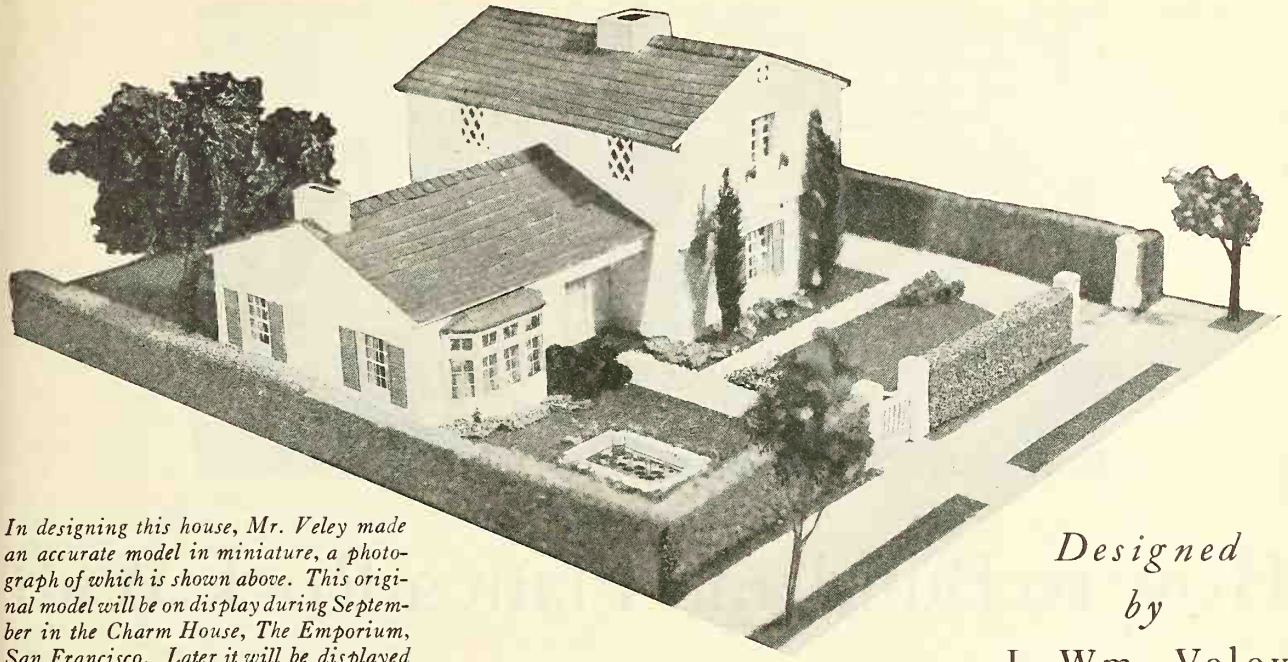


PHOTOGRAPH BY HORACE BRISTOL, SANTA PAULA, CALIF.

Builders' Symphony

THERE'S a harmony of hammers, there's a sound of singing saws,
An overtone of humming planes that blend in accents sweet;
It's the carpenters' crescendo and its measures make me pause
By the new house they are building on the corner of our street.
For the song of home is singing in each happy hammer's beat.
Here I see a hearthfire glowing. Here a lamp's warm welcome shines.
Here's a spot for cheery chatter or for slumber and repose.
Here will bloom a fragrant garden, hung with close-embracing vines
And in borders yet unplanted, mignonette or pansy grows.
Here, upon still unlaid flooring, trace of childish footprint shows.
Not a house alone is rising at the carpenters' deft hands—
But a home—that's where the heart is—here, though incomplete I see.
I have heard the music masters play their songs in many lands
But I know no sweeter chorus than the builders' symphony—
As the saws and hammers sing it of the Home That Is To Be.

—Edith Bristol.



In designing this house, Mr. Veley made an accurate model in miniature, a photograph of which is shown above. This original model will be on display during September in the Charm House, The Emporium, San Francisco. Later it will be displayed in other department stores of the West

Designed by
J. Wm. Veley

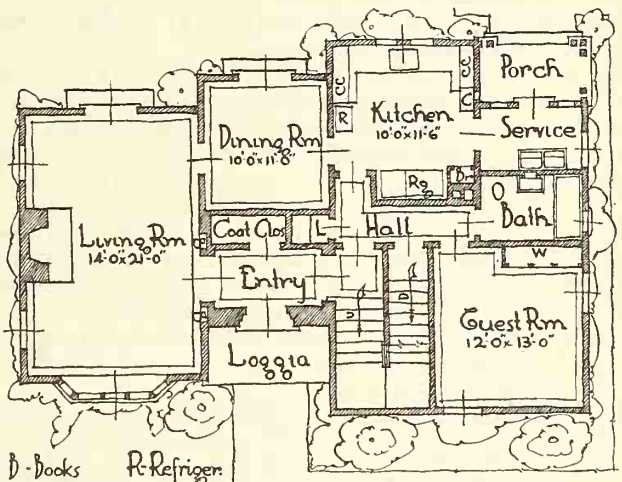
A Suburban Home *for* Sunset Land

The Problem: Mr. and Mrs. West propose to build a residence for themselves and family of two small children. They already possess a lot 60 x 65 feet in a suburb of a western city. They figure they can spend about $7,000 for their house. The Wests are hospitable and simple in their tastes, realizing that charm is dependent upon simplicity. The house must be intimate with the garden which, for the purpose of increased privacy, is to be at the rear of the house. The plan must be convenient, making for ease in upkeep. The elevations must be of a style historically correct to Sunset Land.

The Solution: The plan is compact, extremely convenient, and is visibly expressed by the exterior. The kitchen is convenient to the entry and bedrooms, yet is separated from the principal parts of the house by two doors which keep cooking odors from passing. The basement is accessible from all parts of the house, a convenience when taking guests down to a possible entertainment room which might be very logically placed in the basement. The guest room as placed is assured of privacy. The adjacent bath serves this room as well as the entire first floor. The living and dining rooms are intimate with the garden, and the kitchen looks out upon it. If the laundry is placed in the garage, the service porch will make an excellent breakfast room.

The second floor bedrooms are intended for family use. Only under these conditions should a bathroom open directly upon two bedrooms. As the children grow, one might take the guest room on the lower floor. The occasional overnight guest would then be accommodated by a wall bed of "free wheeling" type which could be kept in the large coat closet.

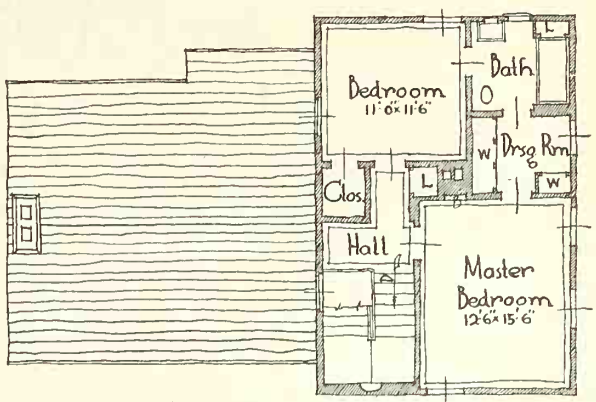
Since it is impossible to describe this house fully on these pages, further details will be sent you upon request. (Please send a stamped, self-addressed envelope.) — The Editors.



D - Books
Br. Broom Clos.
C - Cooler
CC - Counter & Cases
L - Linen Closet
R - Refriger.
Rg - Range
W - Wardrobe

FIRST FLOOR PLAN

0 5' 10'



SECOND FLOOR PLAN

How to Build and Plant a Rock Wall

By

Herman E. Hein

Who Has Built Many of Them

WALLS in gardens serve definite and varied needs. Recognizing the fact that beauty and harmony are the main virtues of a fine garden, the walls in it should be objects of true beauty. This may be achieved by making the walls a living and integral part of the garden. A planted, so-called dry wall or a wall garden, creates, in contrast to the familiar horizontal garden picture, a vertical one.

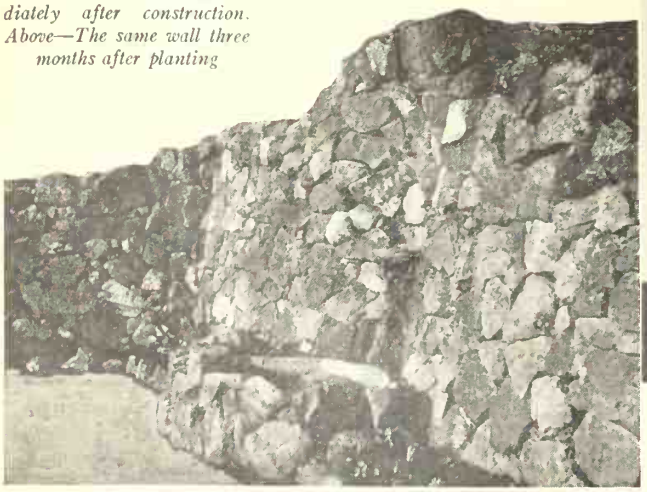
The most common use of walls is in hillside gardens as a means of overcoming or establishing different levels, or to hold banks where paths have been cut. Even along street sidewalks on sloping ground a wall may be called for to protect a bank, left as a result of grading.

The height and size of walls, therefore, differ greatly. While it is fairly simple to construct a low wall, say up to three feet in height, more care, judgment, and skill are required when constructing a wall six or eight feet high. Sometimes it may be advisable, for reasons of design, to compromise, and instead of attempting to build a single wall of six or eight feet high, to build two smaller walls in step formation.

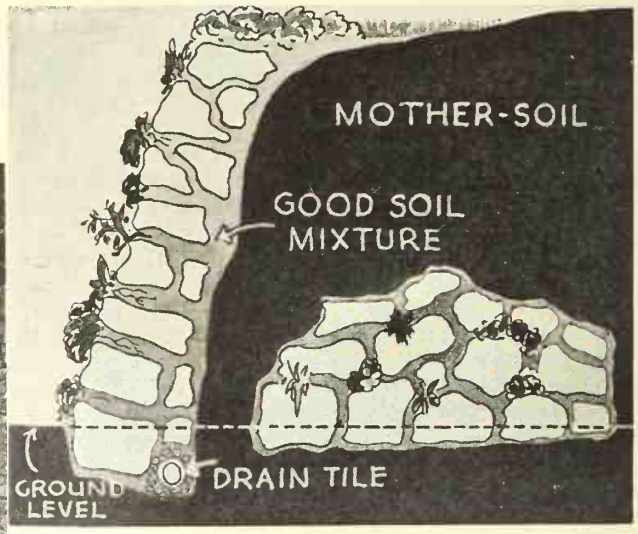
In this latter case we would allow on top of the first wall a bed several feet wide, preferably not higher than comfortable eye level. This would conform to, or emphasize, a special view from a porch or a window of the living room. Especially since the great difference of exposure from sun to shade demands the proper use of different suitable plant material, the infinite variety offered by each new situation creates a different picture every time.

Common sense will, of course, dictate the practical handling of material. Thus: heavy rocks will be utilized to form the base of the wall, which is as it should be. These should be placed in a trench approximately a foot in depth. This allows for the filling in of a mixture as follows: good garden soil, leaf mold or peat, well-rotted cow manure, and commercial fertilizer.

When the first row of rock is properly lined with a uniformly back-sloping



Below—A rock wall immediately after construction. Above—The same wall three months after planting



A self-explanatory sketch showing how to place the rocks. Note that every pocket of soil has good drainage—an important item

"face," with the best side of the rocks showing, fill with the above mixture a little at a time. An iron tamper should be used in order that the rocks will be firmly imbedded in their proper positions, thus establishing a wall both firm and sightly.

Having tamped to the top foundation layer of the wall, be sure that the fill is sloped slightly away from the face, thus insuring a better bed for the next layer of rock. This procedure is followed layer by layer, each layer sloping back at least three inches to the foot. In other words, if the wall were four feet high the back slope would be about twelve inches.

The reason for this back slope becomes apparent at once when the watering of the plants involved is taken into consideration, for the water will naturally run to the back of the wall, thus providing necessary moisture for the plant roots.

Since it is best to plant as the wall is under construction, you will, of course, have a well-defined plant arrangement in mind before the work is begun. Care must be taken not to place a rampant growth next to, or near a delicate plant which would, in that case, soon be lost to view.

Plants for Shaded Walls

If your wall-garden has a more or less shady exposure I have found the following plants well adapted to conditions encountered on the Pacific Coast:

Erinus alpinus (pink)
Erpetion reniforme (white and blue) Australian violet
The large varieties of primulas
Ajuga reptans atropurpureum (red-brown leaf and blue flower)
Arenaria in variety
Campanula pusilla, and other varieties of campanula (blue and white)
Saponaria ocymoides (dwarfed)
Iberis sempervirens (white)

Demonstrated This Month In

SUNSET HOME INSTITUTE

On September 11 at 2:30 p. m. Mr. Hein, the author of this article, will give an interesting and complete demonstration on building and planting rock walls at the Sunset Home Institute, The Emporium, San Francisco. Every Sunset reader living or visiting in the Bay Region is most cordially invited to attend.

Viola in variety—blues, oranges and yellows
Saxifraga in variety
Small varieties of veronica
Arabis alpina (white)
Convolvulus mauritanicus (blue)
Linaria aequitriloba (blue, small flower)
Isolepis gracilis (ornamental grass)

For a Sunny Exposure

If your wall garden enjoys an open, sunny exposure I have found the following list of plants do well on the Pacific Coast:

Androsace (white and pink)
Alyssum saxatile and argenteum (gray leaf, yellow flower)
Aubretia, in var. (violet, purple and blue)
Armeria maritima (pink and white)
Arabis alpina albida
Campanula, in var. (blue and white)
Cerastium tomentosum (gray leaf, white flower, trailing)
Convolvulus mauritanicus (blue)
Dianthus in many var. (white, pink, red)
Gypsophila repens (white)
Globularia nana cordifolia (blue)
Iberia sempervirens (white)
Iris pumila (yellow, blue and white)
Phlox subulata (pink and blue)
Thymus serpyllum coccineum (white, red) very easy culture
Helianthemum—many colors
Sedums in variety

This of course is not by any means an attempt at a complete listing, but merely a suggestion that invites an enlargement on your part. If you are not familiar with the varieties listed above, study the descriptions as they appear in catalogues of rock plants.

Excess moisture in the back of a dry wall is to be avoided, and in some instances proper provisions for drainage must be made. Where there is a danger of excess seepage at any time, especially in winter, a row of drain tiles should be placed at the base behind the foundation wall. Gravel or small stones may be packed around and on top of the three or four inch drain tiles.

In constructing a low wall, say, three or four feet, a single row of rock in thickness may be sufficient. When sufficiently large rocks cannot be obtained, or handled, and a greater height is planned, a double row of rocks, or more may be required, especially for the base of the wall.

Walls Must Be Beautiful

The accompanying photographs illustrate plainly the contrast between uninteresting, cold, dead-looking cemented walls which are a too-frequent blight on our suburban residential districts, and the desirable use of well-planned and planted garden walls.

This concrete street wall was far from artistic. Mr. Hein tore it out and substituted the terraces with the colorful rock wall pictured below

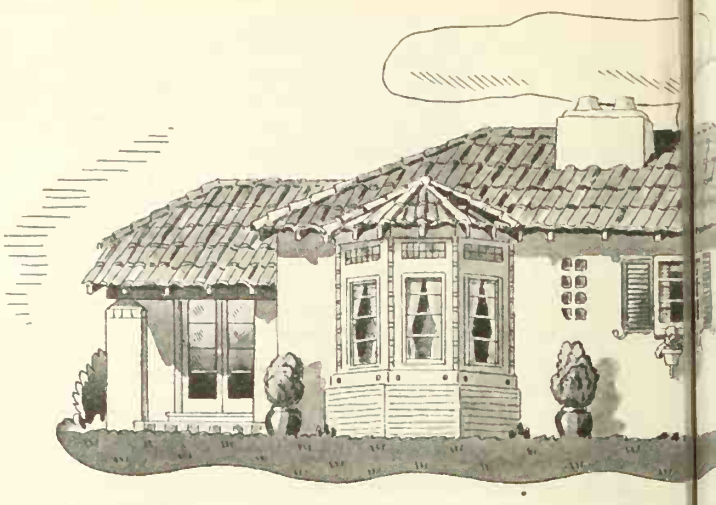
Because the planting space available on a steep, or small hillside garden is necessarily limited, the artistically planted garden wall beautifies this space, thus turning a liability into an asset.

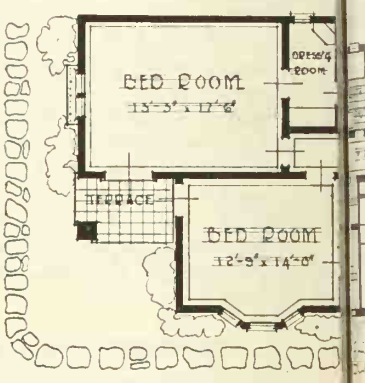
A properly executed garden wall is an all-year, admirable object of inspirational beauty, and provides a worthy frame for your whole garden picture.

Charm House

A Discussion of Its Scheme of Decoration

By H. C. Banks



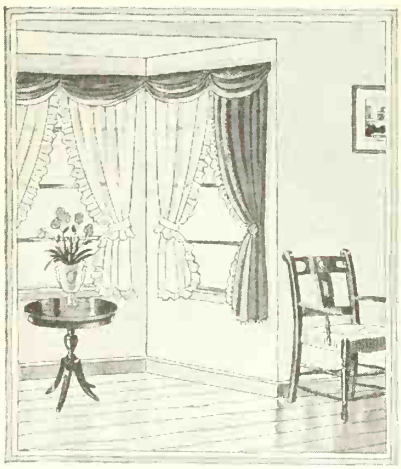


OUR home is complete. The last workman has taken a last lingering look as he packs away his tools. The builder already has his eye on other worlds and other raw materials to conquer; and the architect who has been so patient with us, looks it all over on his last tour of inspection and turns it over to us, with these words:

"Here is your house of charm, a reality after years of planning and dreaming on your part. It has been a pleasure to work on it and plan it with you. Let me ask one thing more and then I, too, will go. Make it a warm and livable and hospitable home. Provide it with fabrics and furnishings, rugs and fixings that not only carry out the spirit of the structure, but that express you. Don't be bound too closely by tradition but stay within the boundaries of harmony in color, texture, line and design."

And so we begin to furnish our home. It is a friendly kind of building, fashioned after the romantic tradition of early California, with just enough urbanity to make it feel at home on a city lot. The exterior finish has the appearance of old whitewash and the uneven roof with its overhanging eaves is done in antiqued hand-made tile of terra cotta color. In front of one bedroom window is an old iron work grill, while a wood spindle grill fronts the breakfast room window. All around the entrance door the casing is composed of beautifully colored and figured tile. The floor of the loggia and the little courtyards is of terra cotta tile laid in blocks.

There is little furniture needed in the entrance hall because it is such a special hall that we do not wish to crowd it. The floor, like that of the outside loggia, is finished in terra cotta tile laid in random pattern, and the cool green fountain in the rear wall facing the doorway tinkles a welcome to every visitor. From the hall one goes down a couple of tiled steps and through a wide arch into a living room of splendid proportion for such a small house. The high vaulted beamed ceiling and the arched top window set in a deep recess in the wall make it seem exceptionally spacious and airy. The large square window at the far end of the room is finished with two lines of wooden grill work.



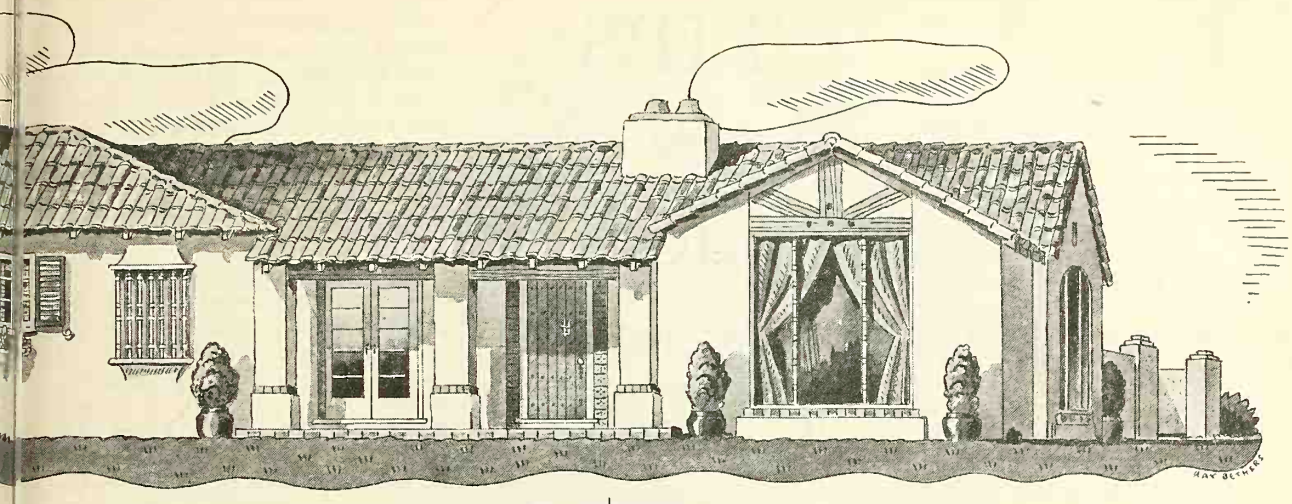
Two interesting nooks in Charm House. The corner windows above are new notes in architecture—you see such windows in many of the new houses. The fireplace is modern in design and fits particularly well into this living room

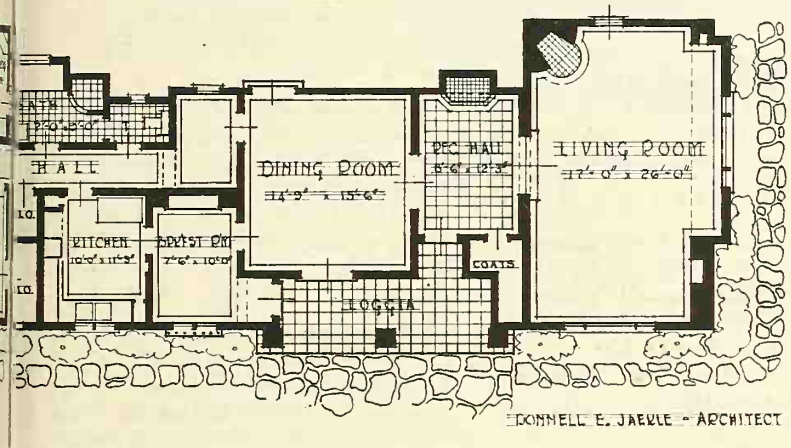
Our first problem is to decide on color, but since we have a definite guide in the floor tiles and ornamental tiles, and a neutral background to work on, our decision is not a difficult one to reach.

Rich warm rust damask at the window will repeat the tile of the fireplace and the reception hall, and will blend beautifully with the beige canvas walls and antique oak finish of the floors and woodwork. The cloud curtains are of putty colored casement cloth, made to draw together and edged with a brush wool fringe combining the colors of the ornamental tile.

We have decided to treat the arched top window as a straight window so that we may draw these curtains and so that the two windows in the room will be alike.

The room is furnished simply and comfortably. We have drawn two chairs





up to the corner fireplace, a wing chair for mother and a club chair pitched just right, for father. A Charles of London davenport is placed in the recessed wall in front of the arch topped window. Its covering is a soft green flat angora weave, which repeats the color of the fountain tile.

Always bearing in mind the words "friendly" and "hospitable" we have been careful to group our furnishings. We have avoided the isolated chair placed just to fill up a wall space, and the lone table and lamp with no chair nearby to make it a logical group.

With scatter Oriental rugs we can get a glimpse of the oak floor which is our pride. Uneven oak planks are pegged instead of nailed, as in the days when nails were at a premium. We have had experiences with scatter rugs on hardwood floors, therefore we have been careful to supply each rug with a special pad to keep it from slipping.

An interesting note is introduced by the club chair and one occasional chair. They are modern in character both as to line and covering. They fit into this room so harmoniously that we are again aware of the words of our architect when he told us not to be bound by tradition.

The dining room is traditionally dignified. The rug is a Sarouk in dark shades of wine, corn tones, and touches of blue and jade. Once again we have an opportunity to repeat the colors of our fountain tiles. Draperies of blocked linen in an old design are made to draw, and hang over filet net curtains. Our dining set is an adaptation of an eighteenth century Hepplewhite design.

And now we enter as complete and beautiful a kitchen as anyone could hope for. The predominant color here is a light yellow-cream radiating a sense of cheerful cleanliness, and the accenting colors of black, green and pomegranate are in just the right proportion. The color of the linoleum would suggest that it was made by the same man who decorated the walls and planned the furniture—the blend is perfect. But the most enjoyable thing about this kitchen is its absolute completeness. Nothing is lacking which might save a moment or a step. The stove is good to look at and is well placed with a ventilating fan overhead. There is an electric refrigerator, of course, and an ant-proof cooler with revolving shelves; there is a pivot ironing board with a clothes dryer, a shoe polisher, and iron receptacle, and all sorts of electric gadgets such as mixers, juicers, slicers—altogether a joy to the woman who loves her home.

The bathroom tiles also are colorful and gay. The floor is shiny black with a narrow line of blue. The walls are shaded cream, and the trim and lining of the shower are a deep pink.

The walls throughout the house have been finished in canvas painted over and stippled. This background is not only appropriate for the Spanish house but it is neutral enough and so finely done that we may use eighteenth century English furniture with it. This we have done in both the dining room and the master bedroom. This bedroom with its adjoining powder room or dressing room is dignified and charming. The furniture is Sheraton in design and finish.

Demonstrated This Month In

SUNSET HOME INSTITUTE

THIS article describes the demonstration home located on the third floor of The Emporium in San Francisco, Bay Region headquarters for our new *Sunset Home Institute*. Here each month lectures and demonstrations will be given by Sunset editors and contributors (see pages 13 and 17); here interesting exhibits will be on display (see pages 15 and 22). This *Sunset Home Institute* is for but one purpose—to provide personal contact between Sunset editors and subscribers. Later this unique demonstration service will be extended to other cities of Sunset Land.—*The Editors*.

TIPS *for* Tenderfeet

Contributed by
Western Gardeners

MULCH your avocado trees with leaf mold the first three years of their growth, for avocados like humus. Also, they are surface rooting, which means that cultivating over their root areas is injurious to them. The leaf mold, then, serves the double purpose of nourishing the trees and protecting their roots with a soft surface. Basins should be made around the trees to hold the leaf mold; they should extend as far out as the ends of the branches.

This appetite of the avocado for leaf mold fits in with its habits of growth. It is a dense foliaged tree with heavily hanging fruit, and attempts to cultivate under it would result in fruit and branch injury.

The tree's own big leaves are heaped into the basin as soon as they fall and in time there are enough of them to furnish the mulch on a self-supporting basis. Animal fertilizers are applied in the basin, too, in the fourth year of growth or thereabouts.—A.P., San Diego.

* *

The poorest investment the home gardener ever makes is when be buys cheap plants, seeds and bulbs. Unprincipled plant sellers have plenty of tricks that they try out on the unsuspecting public. One is to take discarded bedding plants, and feed them a day or two with sulphate of ammonia to make the foliage a lush green. The buyer does not realize that the roots are worthless until he has the plants transplanted to his garden. Cheap shrubs sold at cut-rate prices have often been stunted in maturing which means that in certain cases, like daphne, they never do grow. Buy from reliable, established nurseries and seedsmen. You can depend upon those that advertise in SUNSET.

* *

Dogs do not like tobacco. They will usually stay away from lawns and shrubs that are sprayed often and generously with nicotine sulphate solution. The spray is, of course, beneficial to all plants and shrubs. Make a mixture of about a teaspoonful of nicotine to a gallon of water.

* *

Do not apply quick-acting fertilizer around shrubs and trees in late fall. To do so simply forces new growth which is almost certain to be nipped by winter frosts.

* *

It's a good idea to invest in bulbs of *Agapanthus umbellatus* or blue African lily. Where they cannot be grown outdoors they do well in large pots or tubs. The color of the flowers is as attractive as that of blue water lilies, which every one knows is heavenly.

* *

It's a good idea to tie the long cylinders of the cereus in your cactus garden to fan arches. It prevents breaking and displays the wonderful flowers to better advantage when they bloom.

* *

One of the common errors made by garden tenderfeet lies in setting out only two or three plants of some variety, instead of enough to really make a splash of color in the garden or border. Better a mass of petunias, verbenas or similar bedding plant than two or three plants of some more unusual flower.

It's a good idea to have a hose connection with a special hose and spray in your lath house. Lath houses need water rather often and no one likes to gallop clear across the garden for a hose and then drag it back and connect it. The extra spray saves time and gives better results.

* *

Alfred D. Robinson, noted horticulturist of San Diego county, suggests that gardeners should use their common sense more generously. For instance, he advises morning watering of plants in winter, and evening watering in summer. Plants must not go to bed with cold, wet feet in winter time, and, by the same reasoning, evening watering is best in summer because the moisture is not immediately drawn up by the sun.

* *

It's a good idea to plant white or yellow oxalis in your English ivy ground cover. These little bulb flowers are as persistent as the ivy (they would have to be) and the blooms in spring provide welcome variety in the expanse of dark green.

* *

AN excellent garden book, "Gardening in the Southwest" by Mrs. Gross R. Scruggs, has recently come to our attention. Although written for Texas and New Mexico conditions it strikes us that this volume would be a fine text book for you California gardeners who live where extremes in temperature are experienced. The book contains 230 pages, is well bound and well illustrated and is full of charts, lists of plants and other concise, valuable information. "Gardening in the Southwest" certainly fills a gap in western garden books. We congratulate the author and also the Southwest Press at Dallas, Texas, for bringing it out. You may order it through SUNSET Magazine if you wish. The price is $2.50.—The Editors.

An ordinary rural mail box converted into a realistic-looking prairie schooner is shown in the photograph at right, which Lyla G. Maxwell sent us from San Diego. The running gears and wheels on which the box is mounted, the oxen, and the man and woman are cut from 1-inch white pine, using a coping saw, and held in place by bolts.

The running gear and lower part of the mail box are painted brown, outlined in black, the upper part white to represent the canvas top. Rich, bright colors—reds, yellows, blues and browns—are used on the wooden creatures, with a coat of weatherproof varnish over all. The whole is mounted on posts at a convenient height

Build a Glass Garden To Hold a Few "Wild Westerners"

GLASS gardens, desk gardens, miniature gardens, terrariums, all mean the same thing—a little scene in miniature, built of ferns and flowers and mosses within the confines of a covered glass container, and depending for its life on the principle of the condensation of moisture. The container may be a round two-gallon glass candy or fish bowl, or a large oven glass baking dish, or an oblong aquarium, all provided with covers, and all of clear white glass.

One charming container, such as the one pictured, is obtainable at any pet shop. It is a fish bowl with flattened sides, the ends left round. Height, ten and a half inches, diameter across the top, five and a half inches. For cover, a plain glass plate will do. The advantage of this shape is that it uses very little space on office desk or apartment mantel. As a dining table centerpiece it furnishes our modern cliff dwellers with a perennial breath of out-of-doors, and a maximum of pleasure with a minimum of attention.

In building the glass garden, care should be taken to make all four sides front views, then by turning the garden occasionally, it will develop evenly, and there will be no long arms reaching for the light.

If you are a born nature lover, you may like to prepare for your garden gradually, and collect your rocks and plants over a period of several outings, making the collected whole a souvenir of many happy days. On the other hand, if you belong to the "Tribe of Esau," and "want what you want when you want it," you can do it that way too. List in hand, you can go out and get your stuff, and having it assembled and your desired picture firmly in mind, build the garden in an hour.

When you are ready to assemble the glass garden, be sure that your container is absolutely speckless. It is much easier to clean the container before, rather than after, making. First of all strew the bottom of the bowl with charcoal—about two tablespoonfuls will be sufficient.

By

Edith V. A. Murphey

Next comes the sand, which should be thoroughly dry. Pour the sand in with a little pitcher. If one color of sand is used, have it contrast with your rocks. If both light and dark sand is used, alternate the layers. An inch or two of sand is sufficient.

Stones for Glass Houses

Rocks furnish most of the background. To give height and depth there should be one really handsome rock in each bowl. Others may be concealed by the soil, building up the scene, or they may furnish something on which ferns may lean, or mosses may creep. Small stones help in drainage and give compression to fern roots which need it in their natural state. Remembering the old adage about stones and glass houses, it is obvious that none of the stones should be too heavy. Lava is lightest in weight. Mineral specimens are usually heavy and may divide the interest in the garden which should naturally focus in the plants. Flat rocks are useful for anchorage, also for building up ledges. Dark rocks need a touch of red to lighten them. White or cream colored ones are especially good with maidenhair fern, and give a spring-like effect. Chips of red or blue flint, so frequently found about Indian camps where spear and arrowheads were made, are valuable for color, and on account of their thinness make useful dividers.

Having assembled all the makings of

your garden, having put in the charcoal, and built the foundation (contrary to Scripture—on sand) it is time to insert your rocks. These serve as ballast, and to anchor the plants, which go in next, with a judicious amount of dirt to hold them down, and perhaps another rock to pinch a slab-sided root with the same amount of pressure it originally had. Quartz rocks make good snowy peaks.

Then more dirt, perhaps a rock-ledge with a dwarf fern beneath it, your tallest specimens, maybe tiny trees, with sedums in corners, and flowers to give color. Very little soil is used, probably two cupfuls, but it must be good soil, neither adobe, nor clay. In lifting ferns and mosses enough soil can be taken with their roots. Soil containing fertilizer should not be used.

The Greenery

The beauty of the glass garden lies largely in the simplicity of the plant materials. It is well to use just a few carefully chosen things with plenty of room to grow in, for, with no sudden changes of temperature to contend with, a nearly tropical luxuriance of growth often results. Ferns, too, may grow so lustily as to threaten to push the cover off. It is best to use dwarf rock ferns which are used to a minimum of moisture. These have dark stems which give contrast.

Our native ferns admirably adapted to this type of gardening are those which grow in rock pockets. *Cheilanthes Californica*, or the Poonkinny fern, is one of the best. It has delicate lacy fronds, and improves with age. *Cheilanthes gracillima*, the beaded lace fern, is good for crevices. *Pellea ornithopus* (the bird-foot fern) and *Pellea brachyptera* (which looks like a tiny Christmas tree) in their natural state are stiff from the extremes of heat and cold which they endure, but become delicate and graceful in glass houses. A dwarf sword fern, three to four inches in height, is especially good for a centerpiece. Its curly fronds always seem as if just unfolded, and they grow in a whorl which gives perfect balance.

All ferns should be upstanding, and should not touch the glass too much. Contact with anything is likely to make them shrivel and turn brown at the tip. Maidenhair, of the Venus hair type (not the Five-finger) gives softness, and a touch of spring. Ferns should not be over six inches in height to start with. One great delight with ferns is to watch them unfold. It is possible to so place rocks that tiny ferns will seem to emerge naturally from under the little ledges which anchor them.

The glass garden described in this article will be on display all during September at the Charm House, The Emporium, in San Francisco.

Club moss, lycopodium, or ground pine is also good in the glass garden. A little of this goes a long way. It is better used in slender sprays in an etched effect rather than in large pieces. In collecting it be sure to get the Mother of Moss with it. This is a thick hair-like skin on the back of the moss, which contains the roots, and which helps it to cling to rocks, and absorb moisture. Mossy saxifrage is starry with minute white flowers, followed by picturesque seeds like tiny banners. An inch or two with its own dirt is enough of this.

In thick moss on rocks in spring is the California saxifrage. Take moss, plant and all. It will eventually bear a stalk of tiny white flowers which will last about three weeks. Remove when it turns yellow.

Another possible resident of the glass garden is a sedum or stonecrop. Tradition has it that sedums draw too much moisture, and are likely to rot, but personal experience with *Sedum spatulifolium*, has not found this to be the case. This sedum has rosettes of gray-green leaves but if taken in spring, these will be cherry red with a dusty bloom, three inch red flower stems, and bright yellow tri-foliate flowers, which last a long time, and lend brilliancy to dark backgrounds. This is the "hen and chickens" commonly found on rocks. Of course if these become pale and sprangly they should be at once removed. Their compactness and trimness are beauties sought.

Use Fresh Flowers, Too

The use of fresh flowers, without their roots, may make colorful variations in the glass garden. Their stems are simply inserted in appropriate places, with the understanding that they are temporary, and must be removed when fading just as a bouquet would be. Certain flowers will last over a week, others less time. Of course they must harmonize with the general scale of size. Nearly all garden flowers are too large to look well, but little border plants, alyssums, lobelias, and dainty wildlings are just right. If a flower begins to look furry or droopy, take it out at once before it mildews.

Water Carefully

When the garden is all done but finishing, it is time to give it a drink. Three or four good sprinkles with your hand will do. After the cover is put on, if the bowl looks steamy, the atmosphere is about right. If your material is fresh and free from insects, and your soil the same, the garden will begin growing immediately, and will be a constantly increasing pleasure to you.

Care of the Glass Garden

Sweetness and light are essentials in the glass garden. Charcoal furnishes the sweetness, which prevents the garden from becoming musty, and, although some sunshine is beneficial, the light must not be too sunny. Take your garden's hat off, when you give it a sun bath, and keep it from stewing in its own juice. Except in very dark rooms, there will be sun enough on most days without placing the garden directly in the sun. Five minutes airing once or twice a week is about right. Too much moisture is worse than not enough. If the foliage looks droopy and thirsty, sprinkle it lightly. Clean the glass occasionally with soft tissue paper. Sprinkle lightly afterwards.

"*Multum in Parvo*" should be the motto of the miniature garden. Once established, such a garden should last a long time under proper conditions. One of mine made a year and a half ago is still growing, and far more lovely than when first built. Fortunately it was made in a huge container. My advice is to build a glass garden this fall and see for yourself what a lot of fun it is!

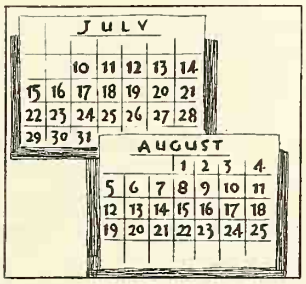
Write a Scenario—Win a Prize

STUDY the Garden Movie on the opposite page. Can you write a better one, on the growing of some particular flower, or on some one phase of gardening? If so, you have a good chance to win a prize. Art work doesn't count. All you need to do is to write the captions, keeping them short and of even length, and to indicate by means of rough sketches the steps to be illustrated. There will be no first prize awarded but for every garden movie that we can use in the magazine, we will pay $10. There is no time limit in this contest, but don't delay. We want some good garden movies and we want them right now. Address your contribution to The Garden Department, Sunset Magazine, 1045 Sansome St., San Francisco.

Grow Your Pansies the Sunset Way

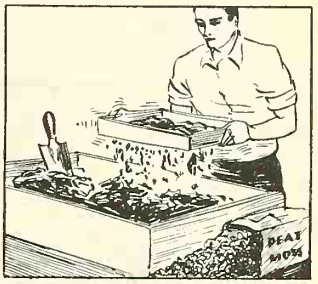
(No. 13 In a Series of Western Garden Movies)

1. The size and quality of pansies depend largely on the seed. Instead of buying ordinary seed, spend a few cents more and get the Giant strains, sturdy of stem and with large, exquisite blooms. Sunset Garden Editor will be glad to tell you where to buy such seeds.



2. The best time to plant pansies is as soon as seed is ripe—usually from July 10 to August 25, but along the Coast fall plantings can be made all through September to bloom in winter or early spring. Around San Diego and Los Angeles pansies can be planted any time of year.

3. Remember that pansies like cool weather so plan your plantings accordingly. In mountain states and where winters are severe winter protection is necessary. Under proper conditions seed planted in spring will bloom in summer and fall in most parts of Sunset Land.

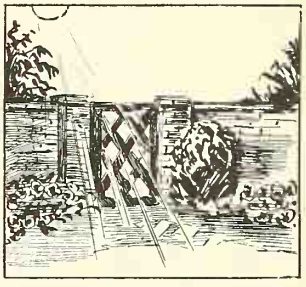


4. Prepare seed bed very carefully using a fine soil mixture of rich loam, peat moss and well-rotted manure. When the mixture is pulverized, tamp the surface until smooth and then soak the soil thoroughly to a depth of several inches. A good seed bed is most important.

5. Sow seeds broadcast or in drills, covering lightly with finely sifted soil. Thumb tack burlap or muslin over frame and water seeds with a fine spray through this cover. Leave covering on until plants sprout; then remove to allow more air. Never let seeds dry out.

6. While seeds are sprouting and tiny seedlings developing, the soil must never become dry, but on the other hand it must not be kept too damp—either is fatal. Water daily but with a very fine spray. Protect from sun during middle of day. Plants must be kept cool.

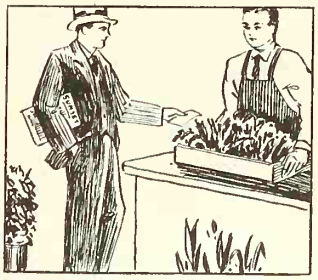
7. In four to six weeks seedlings will be ready to plant out into the garden. If possible transplant but once; too many transplantings will weaken the plants. The garden soil for pansies must be rich, and well drained so that winter rains will not stand around roots.



8. Fall planted pansies will appreciate the winter sun but be sure that they will be somewhat shaded as warmer weather comes on. In Southern California pansies that are to bloom in late spring are usually located on north or east. Reaching for the light develops long stems.

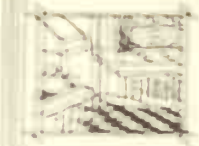
9. Instead of planting pansies in geometrical, formal beds, use them as a ground cover for the spring bulbs, as a carpet for the rose garden, in clumps in the rockery or as borders for paths and beds. Plants set eight inches apart form a compact growth that is desirable.

10. Pansies are best treated as annuals but the blooming season can be prolonged by clipping off seed pods and long, scraggly runners. Cultivate lightly without disturbing the roots. A mulch of peat moss is excellent during warm weather in order to keep the roots cool. Water often.



11. Rather than to plant seeds, you may prefer to buy pansy plants, but remember always to buy from reliable Western plant men and pansy specialists. Select your colors carefully and plant in harmony. Get good plants and pinch back most of the blooms before planting.

12. In general, violas thrive under the same conditions as pansies. In fall it is a good plan to take up your violas, shake off the old soil, divide clumps and reset, applying plant food to stimulate a good growth of late bloom. There are many named varieties of violas.



The Kitchen

These recipes are designed to be clipped and mounted on card for your recipe file, or they may be pasted in your cooking scrap book.

Unusual Lima Bean Loaf

(Illustrated on the page)

THIS recipe, which we originated right here in our home, is simply delicious, and much liked by all our friends. I hope you will like it. We use:

2 cupfuls of dried lima beans	Salt and pepper
2 large white onions	Butter
1 slice of smoked ham	Soda crackers
2 cans of cream of tomato soup	Milk

First, look over and wash the beans, then cook tender, either in a pressure cooker without preliminary soaking, or soak over night in cold water to cover, and cook in the same water until tender. Peel the onions and cut in very thin slices, have the cans of soup ready, undiluted, and have perhaps a cupfuls of crushed soda crackers at hand. Butter a large baking dish or casserole, and place a layer of cooked beans in the bottom, cover with a thin layer of sliced onion, sprinkle with salt and pepper, dot with butter, then cover with a layer of broken crackers. Put in another layer of beans, then place the slice of ham which has been cut in two across the width, on top of the beans, add the rest of the onion, more salt and pepper and crackers, and over all pour the undiluted cream of tomato soup. Shake the dish to settle it, so that all parts of the contents will be wet with soup. If the liquid does not cover the top well, pour on milk until some surplus liquid shows above the mixture, then dot generously with butter, and bake in a moderate oven (375 degrees) for 30 to 40 minutes. You may have the loaf dry or moist as you choose, if you prefer it moist, cover the dish for part of the baking time. The combination of flavors in this dish is truly delicious. It will serve 4 to 6 persons.—Mrs. A. W. E., Portland, Oregon.

GOOD BUT NOT EXPENSIVE

Unusual Lima Bean Loaf
Buttered Zucchini — Fan Roll
Portuguese Salad
Raisin Pasta — Drop Cookies
Coffee

Surf Fish or Smelt, Spanish Style

2 pounds of fish	1 can of tomato sauce
1 onion	½ cupfuls of vinegar
2 cloves of garlic	Salt and pepper
1 green pepper	

Clean the fish using scissors to cut off their heads and to slit them for removing visceral roll in flour, and fry brown in hot oil. Meanwhile in a separate skillet fry the chopped onion, garlic (this can be omitted), and pepper to a light brown in a small amount of oil. Add the tomato sauce and simmer for five minutes. Just before removing from the fire add the vinegar, salt and pepper, let boil up once, and pour over the browned fish on a hot platter. This is delicious for lunch or dinner, with a salad. Incidentally, it may be served either hot or cold.—E. T., Bay, California.

FEATURING SURF FISH

Surf Fish Spanish Style
French Fried Potatoes
Stuffed Cabbage with
French Dressing
Wholewheat Bread on Butter
Sliced Peaches — Crisp Cookies
Coffee

Prize Bread and Butter Pickles

1 gallon of medium-sized cucumbers, sliced paper thin	2 green peppers, chopped fine
4 large white onions, chopped fine	½ cupfuls of dairy salt

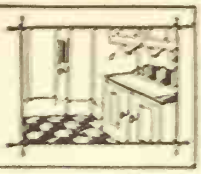
Mix the above ingredients together, and let stand 4 hours. Drain, then pour over all a pickling syrup made by heating together:

GOOD WITH MYTHING AND EVERYTHING

5 cupfuls of sugar	2 tablespoonfuls of white mustard seed
1½ teaspoonfuls of turmeric powder	1 teaspoonful of celery seed
½ teaspoonful of ground cloves	5 cupfuls of vinegar

Heat this mixture scalding hot, stirring to dissolve the sugar. Add cucumbers, etc., mix well, and let just heat through, but do not boil. Put into hot, sterile jars, and seal. These are delicious.—Mrs. E. H. T., Modesto, California.

Cabinet ~



U. S. PATENT OFFICE

Will you share your favorite recipes with other Sunset readers? $1 is paid for every recipe published. Address The Kitchen Cabinet, Sunset Magazine, San Francisco

Original Apple Pie

(Illustrated on this page)

Pastry:

1½ cupfuls of flour
½ teaspoonful of salt
½ cupful of shortening
Cold water

Filling:

6 large Bell flower apples
1 cupful of sugar
½ teaspoonful of cinnamon
1 tablespoonful of butter
Juice from one can of fruit salad

Make the crust in the usual way, cutting the shortening into the flour and salt, using a pastry blender or two knives, or rubbing very lightly between the fingers. Be careful not to cut the shortening too fine—it should be in bits about the size of small peas for flaky paste. Add the smallest possible amount of cold water to hold the mixture together, divide into two parts, and roll out separately for the upper and lower crusts. Line a deep pie pan with one crust, ready for the filling. Pare and slice the apples, mix the sugar, cinnamon and butter with the fruit juice, and add to the apples. Put into the pastry-lined pie pan, and cover with the remaining crust, which has been slit in several places to allow steam to escape. Crimp edges of crusts together, sprinkle or brush the top crust with evaporated milk, and bake in a moderately hot oven (425 degrees) until apples are done (test with a fork); then sprinkle the top generously with grated cheese, and return to the oven for a minute to melt the cheese. Serve warm, with hot coffee.—S. E. M., San Diego, California.

DINNER TO PLEASE A MAN

Broiled Steak
Mashed Brown Potatoes
Sliced Tomatoes and Cucumbers
Buttered String Beans
Original Apple Pie Coffee

Gingered Pears

Wash and stem hard pears, pare, cut in quarters and remove cores, then cut in thin slices or in small dice. Use the following proportions:

4 pounds of pears
4 pounds of sugar
½ pound of raw ginger root, cut in thin slices or cubes
4 lemons, cut fine and seeds removed
Grated orange rind to taste, if desired

Mix the pears, sugar, and ginger root, and let stand over night. (The raw ginger root is obtainable in Chinese grocery stores. Candied ginger may be substituted.) In the morning, add the chopped lemons and orange rind if desired, and boil the mixture until it becomes thick and amber colored. Pour hot into sterilized jars, and seal. This is really delicious.—E. B., Stockton, California.

Stuffed Eggs au Gratin

I hand out this recipe to every bride I know, because it simply can't fail, but always behaves beautifully. It requires:

6 hard-cooked eggs
¼ cupful of melted butter
½ teaspoonful of A. 1. sauce
½ teaspoonful of prepared mustard
2 or 3 green onions
A few sprigs of parsley
3 slices of cold boiled ham
1 cupful of grated cheese

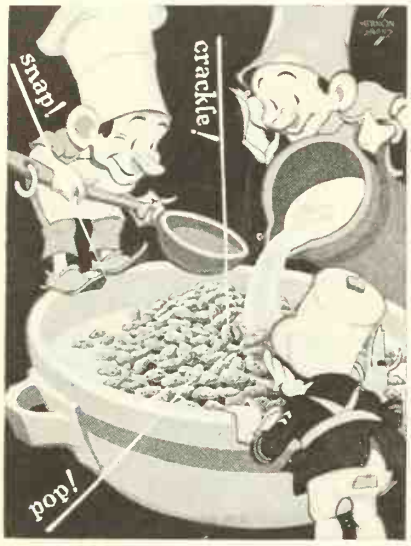
Cut the eggs lengthwise and slip out the yolks into a bowl. Mash the yolks with the butter, A. 1. or Worcestershire sauce, and mustard. Put the onions (including part of the tender green tops), parsley, and ham through the food grinder, or chop fine, and mix with the egg yolks. Season to taste with salt and pepper. Fill the egg whites with this mixture, and arrange in the bottom of a buttered casserole or deep oven-glass pie plate. Pour a rich, well-seasoned white sauce over the eggs (I add a little chopped parsley and chives to the sauce just for color) and sprinkle grated cheese generously over the top. Bake in a slow oven (350 degrees) for 25 to 30 minutes. It's just grand, for the main dish of a luncheon.—F. N. P., Altadena, California.

MY PET GUEST LUNCHEON

Tomato Juice Cocktail
Crisp Crackers Spread with Mustard and Sprinkled with Paprika
Lettuce, Tomato and Cucumber Salad in large bowl with French Dressing added at table
Summer Squash, steamed, whipped and and filled with Buttered Carrots
Stuffed Eggs au Gratin
Hot Biscuits
Fruits and Nuts from the Table Centerpiece
Black Coffee

Mix Original Apple Pie ~
Line a pie pan with rich pastry ~
Mix apples with sugar spices and syrup
Fill pie shell, pile on top crust ~
Bake at 425° until apples are tender ~
Sprinkle pie with cheese and bake a minute longer

"Listen!— *get hungry*"



FILL UP your bowl with Kellogg's Rice Krispies. Pour on milk or cream. Then you'll hear the crisp voices of Mr. Snap, Mr. Crackle, Mr. Pop say — "Listen! . . . get hungry."

It's a sound you can't resist. Children love to hear it, and how they eat those crisp, crunchy, toasted rice bubbles.

Grocers everywhere sell Rice Krispies. With the exclusive Kellogg features — the heat-sealed WAXTITE bag, and the handy Easy-Open top. Made by Kellogg in Battle Creek.

NRA WE DO OUR PART

Sunset KITCHEN RANGERS *Club*

This Month We Brag About Barbecues

HERE are directions for preparing an outdoor supper consisting of barbecued meat, bread, coffee, and salad, in quantity to serve twenty persons. It is fully as good in the winter as in the summer.

Meat: Whatever the actual definition for barbecued meat is, it does not matter here. In the cow-country West it means meat cooked in a pit. Not meat cooked over a fire-pit, but meat cooked by hot rocks and coals buried beneath three feet of earth.

Preparation: Take 25 pounds of meat (beef, mutton, or venison). It should be fairly fat. Lean venison can be used by putting in a pound or two of sliced bacon. Remove all bones and as many of the large sinews as possible. In doing this do not cut the meat into smaller pieces than is necessary. Season with ¼ lb. (½ cupful) of salt; 1 ounce (about ¼ cupful) of black pepper; 1 ounce (¼ cupful) of sage; and ½ ounce (2 tablespoonfuls) of garlic salt or 6 to 8 cloves of garlic. Rub the seasoning into the meat. Put in clove garlic by sticking a knife in the larger pieces and putting the clove in the hole. Wrap the meat in two thicknesses of cheese cloth and sew up. Wrap this bundle in two thicknesses of burlap sacking and sew. Tie both ways with baling wire. (You will want to use a long steel hook to lift the bundles from the pit, therefore the baling wire.) Now for the fire.

The Pit: Dig a hole 4 feet deep, 3 feet one way by 3 feet the other plus 2 additional feet in length for every bundle of meat more than one that you wish to cook. Cover the bottom with a 6-inch layer of rocks. Lay the sides up with a layer of the same thickness to a height of 18 inches. Lay an iron rod across the top of this wall every two feet. Secure a piece of sheet metal that will fit close to the edges when put on these rods. Now the fire, to be built on the rocks under the rods.

The Fire: Use hard wood—oak or manzanita is best. Start the fire at least four hours before you want to put the meat in. Keep it burning just fast enough so that the flames rise a little above the rock wall. To fire faster is only a waste of fuel. When the fire has burned for four or five hours the rocks will be white hot and you can see through them. Let the fire drop a little. Take a rake or hoe and drag out any burning sticks but leave the coals. Now get ready to work fast.

Putting the meat in: Drop the bundles in, being careful not to dislodge the rods. Put the sheet metal in place over the meat. Grab your shovels and throw the dirt in, beginning at the edges first. It is necessary to do this rapidly for if the air is not shut out the heat of the pit will burn the meat up. Sixty seconds from the time the meat leaves your hand you should have at least a foot of dirt on top of the sheet metal. When finished, you will have three feet of dirt over the metal.

Cooking: The meat must remain in the pit for at least 15 hours. No harm is done if it is in 24 hours. There is no need to watch after the first hour; during that first hour you must watch for escaping steam. This can be stopped by pouring a little water into the ground where it appears. It must be stopped or the heat escapes and the meat doesn't cook.

Bread: You should have four big loaves. If you buy your bread, French or milk bread is best, the fresher the better. If you make your own, 'nuff said. Butter is not necessary.

Coffee: Put ¾ pound of your favorite brand in a muslin sack. About an hour before you are ready to serve, put 2½ gallons of water in a suitable container and set it over a lively fire. When it begins to boil, put in the sack containing the coffee. Poke it around a little, let it stay in for five minutes, then take it out. Keep a few coals under the coffee so it will be hot. One pound of sugar and 4 large cans of evaporated milk, or 2 quarts of cream, will see you through.

Salad: Cut up 1 gallon of ripe tomatoes, and add ½ gallon of a mixture of green peppers, cucumbers, chopped onion, and parsley or water-cress if you have it. Mix the 6 quarts of vegetables with 1 quart of your favorite salad

dressing. Lettuce is omitted intentionally for it prevents making the salad very far in advance.

Serving: Here is the simplest part of all. Everybody gets his own weapons, serves himself coffee, salad, and bread, and passes by the cook's table to receive the meat. This is taken from the pit at the last minute, spread on a board, bench or table, and cut into suitable sized pieces—which means not too thin and not too small.

Expanding the menu: This can be done simply in the case of everything but the meat. With the coffee the water must be set to heat earlier if you have a larger amount. With the meat, never put more than 25 pounds in one bundle. Eight bundles are the most that should be put in a pit. If necessary dig more pits. The time allowed is the same.

It is best not to try to cook less than 25 pounds of meat, but as it is so good cold, don't spoil a party on that account. —James T. Doane, Merced, Calif.

A Tasty Barbecue

THE best barbecued meat I have ever tasted was eaten at a Portuguese picnic. The flavor was so unusual and so satisfying, that I have since built a small pit in my own back yard, and enjoyed this tasty morsel.

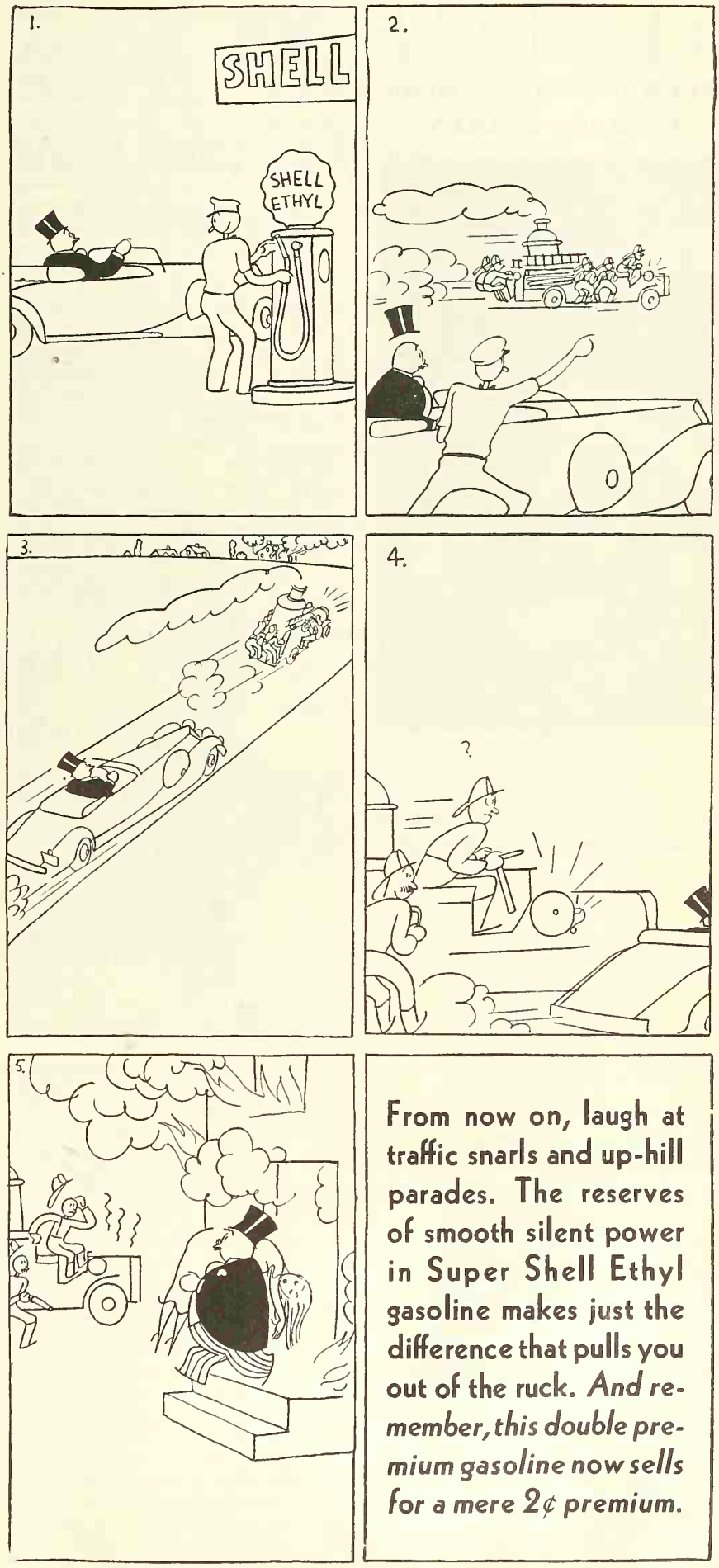
It is quite simple. Once you have the bay tree sticks (or myrtle-wood or laurel, whichever is your local name for this pungent tree), the rest is easy. The branches are secured from the hills, and are washed and whittled to a point at the smaller end. Pieces of beef cut about three or four inches square are "spiked" on the stick, leaving about an inch or so between each two pieces. This of course is to allow the meat to cook on all sides. Salt and pepper the meat and then hold or prop your stick over the fire until the meat is done to your own liking.

The stick will not burn easily, as it is still fresh, and as the meat cooks, the flavor of the bay works itself into the meat, giving it a grand "twangy" flavor.—Ed A. Mecca, Oakland, Calif.

Try Barbecued Steak

I ONCE lived in Ventura County, California, where practically everyone eats barbecue, talks barbecue, and has a pit in his own yard; so it behooved me to learn the "ins and outs" of this culinary pleasure. Here is what I learned about barbecuing steak.

The previous night cut two cloves of garlic and place in a bottle (about one-half cupful) of salad oil. Select a tender cut of steak, and allow about a pound per person. This may sound like a lot of meat, but remember, your outdoor appetite is greatly augmented. Have your meat man cut the steak from three-quarters of an inch to an inch thick, and also gash it around the edge about



From now on, laugh at traffic snarls and up-hill parades. The reserves of smooth silent power in Super Shell Ethyl gasoline makes just the difference that pulls you out of the ruck. *And remember, this double premium gasoline now sells for a mere 2¢ premium.*

SEATTLE

AVERAGES 2 FT. 10 IN. OF RAIN YEARLY!

How Seattle's Times Square appears on a rainy night

7 OUT OF EVERY 10 SEATTLE HOUSEWIVES USE MORTON'S SALT BECAUSE

When it Rains It Pours

ACCEPTED AMERICAN MEDICAL ASSN. Committee on Foods

Look for this seal when buying iodized salt and thus avoid getting one without sufficient iodine to prevent simple goiter.

IODIZED OR PLAIN, 10c

every four inches. This prevents the edges of the steak from curling up during cooking.

You do not need an expensive barbecue pit; a hole in the ground and a grate will turn out as delicious and juicy steak as an elaborate pit. The main thing is to build a good big fire. While you are waiting for the blaze to die down, pour the salad oil into a shallow pan, remove the garlic, and dip the steak in the oil, coating both sides. When there remain only red hot embers, place your steak on the grate to cook. The number of times the steak is to be turned depends on the desired degree of cooking you prefer. I use my fingers to turn the steak, but if your hands are sensitive to heat use a clean cloth. A fork is not used as its prongs pierce the meat and some of the tasty juices escape. The juices in this case fall into the pit and can not even be utilized in making gravy. When the steak is about done, season well with salt and pepper. I do not season at first.

With the steak we usually have Spanish beans, toasted French bread dipped in butter, cabbage salad, fruit, and coffee. While the steak is cooking the coffee can be boiled. We always place the coffee in a small cloth sack and close the top by tying with string. (Be sure to allow room for the ground coffee to expand.) When the coffee has boiled only a minute or two, place at the side where it can be kept hot, and remove the sack containing the grounds. The beans are reheated and the bread toasted. Cut French bread in half lengthwise and toast over the hot embers. Melt butter in shallow pan and dip the toasted bread in it. Have plenty of this bread as it will certainly prove popular. Another thing: do not use paper plates as they will not withstand the cutting of the steak.

If you have an urge for the outdoors and a desire for a tasty steak, try it this way. It will be fun and good food for all, and even the most scrupulous dietitian will forget there are such things as calories and vitamins.—Frank Diener, Riverdale, Calif.

Nifty Thrifty Recipes

By Doris Hudson Moss

THE favorite meat of many a man is this "Far West Pot Roast." It is well worth while to take pains in preparing it.

Far West Pot Roast

Buy a good size piece of beef, say 4 to 6 or 7 pounds. It takes time and fuel to cook it and you may as well have enough for several meals. It is as good cold, curried, with tomato gravy, in gravy below pie crust, or in hash, as it was when you first served it.

Choose a cross rib, rump, or tenderloin tip cut of young beef. Wipe it all over with a damp cloth and rub it generously with salt, pepper, and flour. Place beef fat or any shortening in a large seven or ten quart heavy kettle and heat until it is smoking hot. Lay the meat in the fat and brown until it looks quite done on all sides. Now add 1 cupful of green onion tops and one medium sized dry onion, minced fine. Fry with the meat until brown, add more salt and black pepper, and about 2 quarts of water. Bring to a rapid boil, then lower the heat until the water is just simmering; cover tightly and cook until the water is gone and the beef begins to stick to the pan. Add more water for gravy. It will take about 5 hours to cook a pot roast weighing about 5 pounds, but as meat varies in tenderness, there is no set rule. Use your own judgment. Lift the meat to a warm platter, thicken the gravy with flour paste to a rich goodness, and cook at least 15 minutes longer. Serve with natural brown rice, cooked dry, fresh stewed tomatoes, and little hot biscuits, a salad, and a light dessert.

Smothered Chicken, Delectable

Choose a plump hen. After dressing, washing, and cutting into pieces, roll each piece carefully in flour. If possible, brown in grease rendered from the chicken fat; otherwise, in oil or butter. Brown until it is apparently quite done, turning frequently. Add 1 tablespoonful of minced onion, sprinkle well with salt and pepper, and add 2 quarts of boiling water. Simmer slowly in the oven or on top of the stove in a tightly covered pot. A 4-pound chicken requires about 4 hours; use your own judgment, however, testing its tenderness with a fork. When ready to serve lift to a hot platter, thicken the gravy, add mushrooms if desired, and serve with new potatoes or white rice, cooked dry, garden peas, green apple sauce, and hot biscuit with quince jelly.

Baked Corned Ox Tongue

Choose a corned tongue large enough to serve hot, with plenty left for a cold serving. After washing and scrubbing with a brush, place in a pot of cold water and bring slowly to a boil. This is called parboiling. Drain, and repeat a second time. Drain and place in cold water again, for the third time. Add a medium size onion, 1 bay leaf, a few cloves and

whole black peppers but no salt. Boil until the tongue is very tender. For a 5 pound tongue it will take about 4 hours, but use your own judgment. Keep the water high in the kettle by adding more boiling water occasionally. Cool slightly; while still fairly warm remove skin and place the tongue in a covered roaster or casserole. Stick it prettily with whole cloves, and pour over it the following sauce: To 1 quart of the liquor in which the tongue was cooked, add ¾ cupful of brown sugar, ½ cupful of white sugar, ½ cupful of vinegar, 1 tablespoonful of prepared mustard, and ½ teaspoonful of maple flavoring. Cover tightly, baste often with the sauce, and bake slowly for 1 hour. Serve with corn, creamed potatoes, and green applesauce.

Besides the broth which has been used to make the sauce for the tongue, there will be at least 2 quarts left in the kettle in which the tongue was boiled. It will be quite salty, so add to it a variety of uncooked vegetables and a quart can of tomato puree; several potatoes cubed, another onion, minced, a few carrots, turnips, sprigs of parsley, and some macaroni. Add water if it still seems too salty. Cook until vegetables are tender. Serve with a slice of lemon and cubes of mild cheese in the soup plate. This makes a delicious luncheon or supper dish.

Early Day Gingerbread

Do you have grease left in the pan after frying sausage? Drain it into a glass and let it settle. Next day, make this delicious gingerbread.

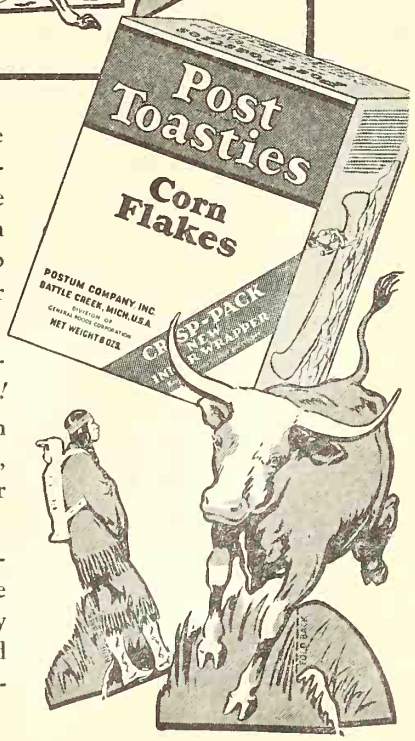
- ½ cupful of sausage fat
- ¾ cupful of sugar
- 2 eggs
- 1 cupful of light molasses
- 2½ cupfuls of sifted bread flour
- 1½ teaspoonfuls of soda
- 1 teaspoonful each of cinnamon and ground cloves
- 3 teaspoonfuls of ginger
- 1 teaspoonful of salt
- 1 cupful of hot water.

Cream the fat and the sugar. Add the eggs, one at a time and beat thoroughly. Add the molasses and the sifted dry ingredients. Last, add the hot water, a little at a time. Add nuts if you wish. Pour into a well buttered shallow pan and bake about half an hour at 325 degrees. Don't be worried if the batter seems very thin. The gingerbread will be good. Serve warm, cut in squares, with cheese or whipped cream.

when washing corduroys to press them under a damp cloth and then brush vigorously with a stiff brush.

LOOK, MOTHERS!

NEW POST TOASTIES CUT-OUTS FOR YOUR CHILDREN FREE!



WHAT fun the youngsters have with these wonderful Post Toasties Cut-Outs... And how they love these delicious golden flakes, made from tender hearts of corn. They stay so crisp in milk or cream. And with fruit or berries—Um-m-m!

And *ONLY* Post Toasties gives Cut-Outs like these for the children—*FREE!*

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So don't forget to ask for Post Toasties in the new Cut-Out package the next time you shop. The whole family will love this delightful cereal. And what fun the Cut-Outs are for the children. A product of General Foods.

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FULLER PAINTS *they last*

GLASS & WALLPAPER

Your Western Home Questions Answered

By Sunset Consultants

There is an electric wall light right in the middle of my fireplace wall above the mantel shelf. This prevents my hanging a picture there, and, as it looks bare, I should like you to tell me how to decorate it.—T. T., Phoenix, Arizona.

Somebody evidently made a mistake when that wall light was put there. The first thing to do is to correct that mistake by taking the offending bracket down. It is just a matter of taking out the screws and then taping the exposed ends of the wires. A picture or wall hanging may then be placed there.

I have just inherited a mahogany table which I am told was brought over from England 250 years ago. It has square tapering legs and an oval top. There are light lines of wood inlaid down the legs and around the top. Could you tell me anything about the table from this meager description?—Miss J. K. A., Spokane, Wash.

Yes, your description is quite sufficient to place the table as of the Hepplewhite style made in London, England about the year 1790 from the design of George Hepplewhite. Three things confirm this: (1) The wood it is made of—mahogany was not used 250 years ago in England; (2) the square tapering legs which were used only at the end of the 18th Century, and (3) the inlaid satinwood lines which are also of this period.

My living room and dining room are separated only by a large arch at which I have portiere curtains. Should these rooms be decorated exactly alike or may I use different rugs and draperies?—Mr. M. N. P., Spokane, Wash.

Each room should be decorated according to its own particular requirements. One room may require brighter colors than another, even though it is alongside the other. So, while it may be quite correct to decorate these two rooms in the same way, yet I feel more individual character may be given each one by decorating them differently.

The walls of my house are of stucco, and they seem to absorb a tremendous amount of moisture. Is there a treatment to correct this situation, and not stain or discolor the stucco?—R. C., Reno, Nevada.

You can correct this situation very easily. A water repellant, colorless waterproofing liquid, may be applied with either brush or spray gun, that will effectively seal the pores of the stucco against moisture penetration, without the least staining or discoloration of your stucco. We might caution you to observe carefully the general condition of your stucco walls before application of the waterproofing liquid. Often, there will be what appears to be very small cracks, that, on close examination, are of considerable width under the top coat of stucco. These should be properly cleaned out, and filled with a masonry crack filler or caulking compound, and allowed to dry for 48 hours prior to application of waterproofing.

Would it be correct to use wallpaper in the bedrooms of a Spanish home? I have two rooms to redecorate and the existing plain tan plaster seems so lifeless that I am thinking of changing to wallpaper unless you advise me otherwise.—Mrs. F. Y., San Diego, Calif.

The traditional wall finish for all Spanish homes is plaster but, as few bedrooms are ever furnished true to type, it is considered correct to decorate the bedrooms in harmony with the furnishings rather than the architecture. For this reason wallpaper could be used to advantage, no doubt, in your home. The new papers are colorful, smart and light resisting.

We have just completed the plans for an English house. I do not wish to follow any particular style in the furnishings but would like to combine the comfort of the older conventional pieces with something of the newer modernistic lines. Does that idea have merit or had I best discard it? I want to avoid extremes but I like the simplicity of modern furniture.—Mrs. R. F. G., Portland, Oregon.

You have a very practical idea in your suggestion of combining some modern pieces of furniture with the older. With care, this may be carried out very well, provided attention is paid to backgrounds and textiles. Much of the new modern furniture—as seen in the Chicago Century of Progress Fair—has very conservative lines so that it may be used with other harmonizing styles such as the Sheraton, Empire, Hepplewhite and Duncan Phyfe.

We are planning to build a swimming pool, and have been told that the concrete surface can be decorated with a type of paint that will not peel under water. Do you know if this is true?—C. A. M., San Francisco, California.

You are correct. You can obtain in powder form a preparation containing no glue, casein, or other organic materials having a tendency to promote fermentation. When mixed with water to proper consistency, it may be applied to walls of swimming tank after the walls have first been wetted down thoroughly. This covering may be obtained in colors to meet your taste, and provides an economical, and sanitary decoration. Circulars have been sent you.

When You Paint Your House

BE very careful when repainting. Wait for dry weather and examine the surface carefully for moisture before painting.

The surface to be painted should be smoothed down before the new paint is applied. If the old paint was white lead and linseed oil, only a dusting off will be needed. If hard, brittle paint was used it may be necessary to scrape the surface or perhaps remove the old paint with a gasoline or acetylene torch and scraper. Do not paint over old, lumpy or scaling paint. Be sure to brush off all the dust and dirt that has collected on the drip caps over windows and doors, as well as on the window headers and sills. If not removed, the dust and dirt will mix with the fresh paint and cause streaking.

Use plenty of "elbow grease." Brush the paint well into the pores of the wood and do not allow it to flow merely from the brush. It is doubly important to brush the priming coat in closely.

For putty use only pure white lead (either soft paste or heavy paste) thickened to putty consistence with dry whiting. With this putty fill all nail holes, cracks, knot holes, dents and other defects in the surface. These places should be filled tightly after the priming coat is dry. Nail holes and cracks filled with putty containing petroleum and marble dust often mar an otherwise good painting job by turning yellow.

Two coats of paint, properly mixed and well brushed out, are always better than one thick, heavy coat.

Allow plenty of time between coats for the paint to dry. Outside work should be allowed to dry three days before the next coat is applied and inside work at least two days.

Be sure that the previous coat is hard as well as dry, as painting over a "soft" surface is likely to cause checking or alligatoring.

Use only the best paint always. A poor paint may look well for a time, but appearances do not keep out the weather. Wind, sun and rain will test the true value of any paint more surely than will the eye.

to make flower pot holders of old metal barrel hoops. Simply cut the hoop the desired length and nail to the fence or wall as illustrated above; paint as desired. These are attractive!

HE ALWAYS BROUGHT HOME PRESENTS
... AND AN ATTACK OF
"ATHLETE'S FOOT"

IT was always a happy evening when dad got home from a trip. There were candy or flowers for mother—new toys for the youngsters—and something else that he wouldn't *intentionally* wish on the family for worlds.

In his shoes he carried home a stealthy infection that spread tiny, watery, peeling blisters and *itching* to every toe in the house.

Don't you infect others

You can pick up "Athlete's Foot" in the most spotless bathrooms and showers of the best hotels—in clubs or locker-rooms—anywhere that bare feet walk on wet floors. *And you can spread it in your own bathroom.*

Better examine your toes tonight. Is the skin turning red in spots? Are there blotches of dead white skin, stickily moist? Blisters? Skin cracks?

Start using Absorbine Jr. at once—for these are the warnings of "Athlete's Foot."

Absorbine Jr. kills the germ

"Athlete's Foot" is so difficult to kill that socks must be *boiled* 15 minutes to kill the germs once lodged there.

Laboratory tests demonstrate that soothing, healing Absorbine Jr. quickly kills the germ of "Athlete's Foot" when reached, without harming delicate tissues. Clinical tests also prove its effectiveness.

Don't risk imitations! Beware of weak and worthless imitations which have flooded the market to trade upon the proved success of Absorbine Jr. When you fail to stop "Athlete's Foot" it can run into even more dangerous infections. Thousands of grateful letters say Absorbine Jr. gets results. All druggists sell it. $1.25. For free sample write W. F. Young, Inc., 443 Lyman Street, Springfield, Mass. *In Canada:* Lyman Building, Montreal.

For SUNBURN, too!

For broken burning skin, Absorbine Jr. is cooling and healing. Not greasy. Pleasant to use.

ABSORBINE JR.

For years has relieved sore muscles, aches, bruises, burns, cuts, sprains, abrasions, sleeplessness

Easy to make and so good

Tillamook *CARROT SOUFFLE*

A COUNTRY-MADE CHEESE WITH ALL THE CREAM LEFT IN

"I'm not what you'd call an 'experienced' cook and frankly, I was timid about attempting a souffle. But there's one I've found easy to make, and so good. It's Tillamook Carrot Souffle (one of the recipes in the new 36-page Tillamook recipe booklet). The secret lies in the cheese. I always use Tillamook—it's ideal for cooking. Melts easily and doesn't become stringy. That's because it is never recooked or reworked. And, too, Tillamook has a delicious mild, piquant flavor that blends perfectly with other foods. It's made from rich whole milk, with all the cream left in. There's food value of nearly five quarts of milk in every pound."

●

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Pointers on Deep Fat Frying

By Bertha E. Shapleigh

FOOD which has been cooked either in deep fat or in a small amount of fat in a frying pan is always enjoyed, that is if such food is well cooked. This fact has caused the statement to be made that anyone who can fry food well, can do any kind of cooking well. In the latter part of the 18th century, Dr. Kitchener made in the "Housekeepers' Oracle" the following statement: "Frying, though one of the most common of culinary operations, is one that is least commonly performed perfectly well."

Frying is cooking food material in deep fat, having such material completely immersed in the fat, heated to the right temperature. Cooking in a small amount of fat in a frying pan is called "frying," or sometimes "pan-frying"; but we have no word that properly describes such cooking, so borrow from the French the word "saute," which means, "cooking in a small amount of fat in a fry-pan." Probably because, as is too often the case, such cooking is poorly done, and the food becomes soaked with fat, dietitians and doctors claim that fried food is indigestible and frequently forbid the eating of such food. If, however, the food is well fried, it is not hard to digest by the normally healthy person.

Don't Overheat the Fat

Certain points to be considered are the kind of fat used, the care of such fat after using, the temperature of the fat, and the preparation of the food to be fried.

A good oil is a most economical frying fat as it does not burn except at a temperature too high to cook in, and it lasts for a long time without having to be clarified. Lard and suet are the animal fats used for frying, and at present there are many excellent "hardened" fats (hydrogenized oils) on the market. If one has on hand a good deal of fat trimmed from meat before or after cooking, and such fat as rises on the top of soup stock, these fats may be mixed and cooked until the water has evaporated, and the fat ceases to bubble and sputter. This should then be strained through cheese cloth, after which it is ready to use in frying. Fat should always be strained after using, and occasionally a raw sliced potato cooked in it to clear the fat. Keep fat in a cool place, having the container covered, and it may be used over and over, adding a little fresh fat when necessary.

There is no doubt, I think, that the over-heating of fat is the cause of much of the indigestibility of fried food. Fat raised to a high temperature burns and disintegrates, and fatty acids are left which cause stomach disturbance. Do not heat fat until you are ready to use it; then test it for the right temperature. If the material to be fried is raw, the fat must not be as hot as it should be for already cooked meat or fish. The scientific and the easiest way of testing the temperature is to use a frying thermometer, heating the fat to the temperature given in the recipe. Lacking a thermometer, drop a piece of bread, from which crust has been removed, into the fat which you consider hot; count 60 as a clock ticks for raw material to be fried, and 40 for cooked materials. If at the end of such count the bread is the desired shade of brown, the fat is the right temperature. If it is not brown, heat for a little longer time; if too brown, remove kettle from fire and cool, testing again in a few minutes. The time for frying varies with the type of food to be fried, all the way from two to ten minutes.

Fillets of meat or fish, certain vegetables, cheese, oysters and other shell fish, fritters, doughs, croquettes, and cutlets, are the general types of food fried in deep fat.

The preparation of these foods for frying is important. All but the doughs and batters are covered with fine bread crumbs. Cut the crusts from stale bread, dry, and roll with a rolling pin, or put through a fine meat chopper. (The dark crusts may be used for escalloped dishes, and puddings where chocolate or spices are used.) The result when a croquette has been covered with white crumbs is satisfactory, as the color when fried is uniform. Sift the crumbs through a medium mesh strainer as you use them; this insures the uniformity in size of crumbs.

Crumb, Egg, and Crumb

Have ready in a shallow dish one slightly beaten whole egg, or yolk or white of egg, diluted with ¼ cupful of milk or water. Croquettes require very careful dipping in the egg, as one tiny little hole in the coating of egg will cause the mixture on the inside to burst through when it reaches the hot fat, and permit the fat to enter, making the croquette greasy. Fish had best be rolled in flour before dipping into the egg, as the flour will absorb the moisture. The general rule is "crumb, egg, and crumb." Always drain the material fried as soon as it comes from the fat, on soft paper. A deep kettle with a frying basket of wire is convenient to have; at any rate, the amount of fat needed is large, about three pounds of solid fat, or

THERE are two perfectly *grand* features about the new Burnett's bottle. First: It is sturdy and will not tip over easily. Second: It is made of amber glass which keeps the extract at full strength by guarding against light rays. Ask for Burnett's pure extracts in this new bottle. ● *For ten cents you may have a copy of "Doubly Delicious Desserts"—the Burnett recipe book filled with new ideas.*

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DURING this week fifteen leading Bay Region stores will have an outstanding display of draperies and floor coverings. Complete lines of items in both these departments will be attractively shown during the week.

The latest fabrics and designs in draperies and many new rug and carpet creations can be seen at the following stores:

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BREUNER'S
JACKSON FURNITURE CO.

It will be well worth while to view these displays before doing your autumn refurnishing.

a quart of oil, as there must be depth sufficient to keep the food from touching the bottom of the kettle. For a small family, a deep kettle of heavy material, but not large, is better, as less fat or oil is needed, and two fryings of say three croquettes at a time may be made in it.

For fritters, or fruit and vegetables dipped in batter, fresh fat is preferable, or at least fat which has not been used.

Sauteing is done in a frying pan; I like a heavy iron skillet for this purpose, as it heats slowly and food is not likely to be burned. It should be heated with the fat until quite hot before putting in the material to be cooked. With this type of "frying" the food must be turned to brown equally on each side. With the exception of fritters and doughs, food which is cooked in deep fat does not have to be turned.

Croquettes and cutlets are always acceptable, and moreover they make use of bits of meat and fish too small for other dishes. A plain fritter is excellent with a sauce, and is always enjoyed for dessert. Fruit dipped in fritter batter and fried in deep fat is also a favorite.

Chicken Croquettes

2 cupfuls of chicken (small pieces picked from cold boiled or roasted chicken)
Seasonings of salt, paprika, and celery salt
1 cupful of thick white sauce made by cooking together
2 tablespoonfuls of butter
⅛ cupful of flour
1 cupful of milk
Salt and pepper

Season the chicken well, and add enough white sauce to moisten thoroughly, but not enough to make so soft it can not be handled. Spread on a plate and allow mixture to become cold.

Other meats, or fish freed from bones and skin, may replace the chicken in this recipe.

Divide into eight parts. Take up with a spoon and drop into fine white bread crumbs. Lightly roll into a round ball, then into a cylinder not over three inches long, being careful not to press the fingers on it. Crumb the remaining pieces, having the cylinders of uniform size. When all are shaped, dip into egg as directed above, and again into crumbs. Lightly roll until the crumbs are evenly distributed over the surface, shaking off any extra crumbs. Fry in fat heated to 395°, or hot enough to brown a cube of bread a golden brown in 40 counts. Drain on soft paper. If a sauce is desired, pass it, but do not pour around or over the croquettes, as it takes away the crispness of the fried surface.

to use a kitchen paring knife for spreading glue or paste.

WHAT a treat...the perfect dessert. A light, tender cake...topped with tart full-flavored apples...with the spicy tang of the cinnamon and sugar mixture adding luscious tastiness. And it's a special cake...a hurry-up cake that's so simple and easy to make with Globe "A1" Complete Biscuit Flour. Get a package and try this recipe. You'll be sure to vote it a winner.

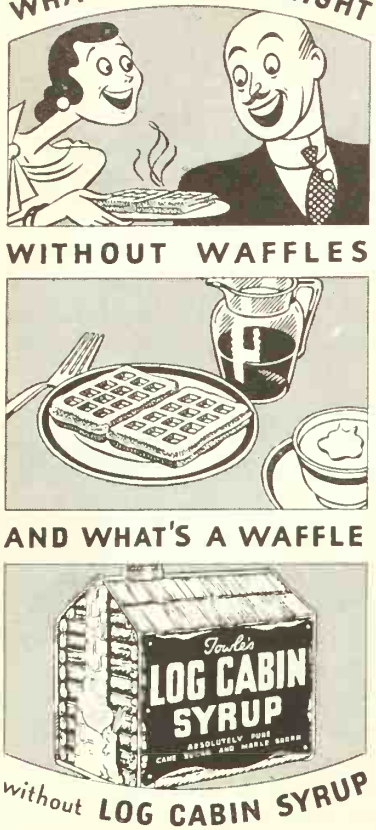
OLD FASHIONED APPLE CAKE

2 cups Globe "A1" Biscuit Flour
½ cup sugar ⅔ cup milk or ½ cup water
1 egg 3 or 4 good sized apples
¼ cup melted butter
½ cup sugar mixed with 1 teaspoon cinnamon

Make batter of the biscuit flour, the ½ cup sugar and beaten egg mixed with the milk or water. Pour into large shallow pan, having it well oiled. Peel apples, cut in rather thick slices and press into batter edge down, placing slices close together. Spread melted butter over apples and cover with sugar and cinnamon mixture. Bake in fairly hot oven (375 degrees) for ½ hour or until apples are soft. When serving, top with whipped cream if desired.

HEAR
"Globe Headlines"
Tues., Wed., Thurs.,
Fri.—8 P. M.—*Don Lee Chain*

GLOBE "A1"
COMPLETE BISCUIT FLOUR



THERE'S nothing else just like the flavor of real, old-time Log Cabin! A rich, woodsy tang—a delicious, lingering maple flavor that can't be imitated! And just the right *body* to transform waffles and pancakes into a tender breakfast treat. Children love the funny little people on the Log Cabin tin. A product of General Foods.

★ ★ FLAVOR
Please Come Home

IT'S high time wives were told how husbands miss A. 1. Sauce at home—how they yearn for its savory flavor when beans, cheese dishes and stews are on the family bill of fare! A. 1. Sauce is man's favorite restaurant relish on fish, steaks and roasts. Just a sprinkle adds "dining out" zest to home-cooked foods. *Recipes with every bottle.* A. 1. Sauce is sold by all grocers and delicatessens *—ask for it in restaurants, too.*

G. F. Heublein & Bro. *Hartford, Conn.*

A.1. *Sauce*
A WHOLESOME RELISH

How to Do
Dry Cleaning at Home

By Lucia Johansen

WE all have heard many times the old sayings about cleanliness being next to godliness, and the first essential of charm being personal fastidiousness and daintiness. The truth of these words is obvious. Yet, how many of us are guilty of wearing a soiled frock because we have "forgotten to send it to the cleaners" or we "just simply can't afford to have another thing cleaned this month?"

Have you ever considered the fun that is to be had and the pennies to be saved by doing at least some of your dry cleaning at home? Silk and light weight wool dresses can be done most satisfactorily.

Use Special Solvent

Practically all the oil companies, especially the larger ones, refine a special fluid for home cleaning uses. It may be purchased at the usual service station for a few cents a gallon. It is best to bring your own container since there is an additional charge if the company provides the container. Two gallons of the cleaning fluid is enough to clean four to six silk dresses. Woolen dresses need more. After you have cleaned a time or two, you will learn to judge the fluid requirements of your cleanings.

Be sure to do your cleaning away from any open fire or flame. In nice weather I take my solvent and hie me to the back garden. In bad weather I stay in the laundry, being careful to close the door to the kitchen where the gas pilot light burns, and flinging wide the porch door to let in the fresh air.

There are on the market special washers for dry cleaning. They are inexpensive and full directions for use come with each washer. I have found one of these machines most satisfactory, since it does away with putting the hands in the cleaning fluid except for the wringing. It is, however, an aid and not an essential, and you can have a grand cleaning party with two big dishpans or kettles.

Have all your soiled dresses handy. Brush them thoroughly and if necessary spot them. In this article there is not space to discuss spot removal. If the garment is badly spotted, it is advisable to send it to a commercial cleaner. Druggists sometimes have a supply of pamphlets giving directions for removing spots. The U. S. Department of Agriculture has issued a Farmers' Bulletin, No. 1474, on "Stain Removal from Fabrics, Home Methods," that may be secured by writing the Superintendent of Documents, Washington, D. C., and enclosing five cents. This bulletin deals exclusively with spot removal. Miss Harriet G. Eddy, California State Home Demonstration Leader, has prepared a most comprehensive and helpful circular on "Dry Cleaning at Home," which may be procured by writing the Agricultural Extension Service, University of California, Berkeley.

With your garments, kettles, and cleaning fluid handy, you are now ready to clean. Rub over your hands a lump of powdered alum, which you have previously purchased at the druggists. Ten cents' worth is ample for several cleanings, and the alum gives your hands wonderful protection against gasoline burn.

Pour half a gallon of cleaning fluid into one of the pans. Be sure that the pan is free from any trace of water since a drop or two of water mixed with the solvent will streak some types of material. Select the lightest and least soiled garment. Immerse it in the fluid, gently swishing it around. After two or three minutes of this, remove the garment and squeeze as much cleaning fluid from it as you can without wringing. If the cleaning fluid appears quite dirty, it is best to put the garment through clean fluid in the other pan. Remove it from the rinse. Then continue cleaning the other garments in the order of the lightness of their color and the amount of soil. As the rinse solvent becomes dirty, add it to the first cleaning fluid and pour clean into the rinse pan. Half a gallon at a time is enough. Each amount should stand several rinsings.

What About Wringing?

The garments are now cleaned. The next problem is to remove the excess solvent. If you have a whirl dryer on your washing machine, you are in luck. Just toss the cleaned clothes into the basket and start it whirling. Be careful to catch the solvent in a pan as it comes from the machine, since it is dangerous to run the solvent into the sewer where it might form a gas pocket. Do not run the garment through a roller wringer, since the cleaning fluid tends to dissolve the rubber.

If you have no whirl dryer, hang the garments out in the air where they may drip and dry. Do not allow them to drip on any growing thing, such as a lawn or plants, because the solvent will kill them.

The garments taken from the whirl

Sani-Flush

cleans closet bowls without scouring

SANI-FLUSH cleans stains, rust, smudges and all other discolorations from the toilet bowl. The porcelain gleams like new every day in the year.

Sani-Flush eliminates the cause of toilet odors. It not only cleans the bowl, but also cleans and purifies the hidden trap which no other method can reach.

Sani-Flush cleans thoroughly and saves you work. Simply follow directions on the can.

It is not an ordinary cleanser. Sani-Flush is *made* especially to clean toilets. Also it is effective for cleaning automobile radiators. Directions on the can.

Sold at grocery, drug, and hardware stores, 25c. The Hygienic Products Co., Canton, O.

dryer should also be hung in the air until they are thoroughly dried. They should be placed on hangers so that there will be no stretching or pinning to pull them out of shape.

While the clothes are drying, you can pour the remaining cleaning fluid back into its container and set it aside to settle away from fire. The next time you want to clean you will find the dirt settled to the bottom of the container and you can pour the clear top solvent off and use it again. Incidentally, the dirty solvent on the bottom is handy for cleaning those grease and oil stains off the garage floor.

Press Neatly, Air Well

When the garments are entirely dry, they are ready to be pressed. The cleaning will not take out plaits or rufflings, but you will find that often the freshness of the plaits has suffered in the wearing. It will be necessary, therefore, to press them in again. Where possible, it is desirable to press on the wrong side of the material or use a pressing cloth. (A square of light weight white canvas or duck is good.) Always use a moderately hot iron.

When the garment is pressed, sew on that loose button and those missing snaps, and tack the bow on the collar and do those other little things you've "been intending to do."

If you have a furnace register, hang the pressed garments over it or above the radiator, until the last vestige of solvent odor is gone.

Then, as you march to your closet with hangers full of sweet, clean clothes, you'll say, "I've cleaned five dresses and saved five dollars and had the fun of doing the job myself. Now, isn't this an idea?"

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• • •

SUNSET MAGAZINE
1045 Sansome Street, San Francisco, Calif.

SUNSET HOME INSTITUTE

I EXPECT to be in the Charm House at the Emporium in San Francisco from 2 to 4 p. m. on Monday, September 18, and shall be glad to visit informally with you and your friends about kitchen planning, recipes and menus, housekeeping practices, yes, even washing and ironing! In my home economics editorial work naturally I come across new information about household equipment, how to use it and how to take care of it, and shall be glad to discuss with you any questions along these lines that may be bothering you. When you come to The Emporium on that day, ask for me. I shall be happy indeed to meet and talk with you.—Genevieve A. Callahan.

Mother

Chicken Drum Sticks and things like that

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You will find when iron cooking utensils are seldom used, it is a good idea to rub them with oil before putting them away, to prevent rust.

School Bells AND Sandwiches

THE school bell rings with its problem of clean faces and sandwiches. Mothers must find food for healthful lunches that children really like. Here is the answer. ALBERS OLIVE MINCE—a delightfully seasoned ripe olive sandwich spread that is both nourishing and delicious.

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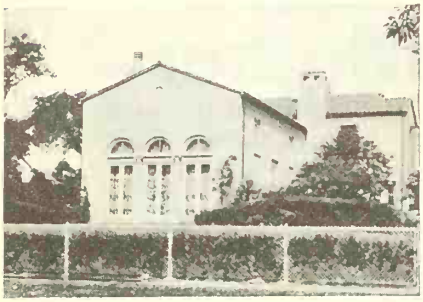

True, the colorful and rip-roaring bandits of the West, are but a romantic memory—a closed chapter in the march of progress.

Today, however, the need for property protection is even more vital than in the days of Billy the Kid. The enforcement of privacy against unscrupulous intruders, the enforced separation of little children from fast moving traffic and the protection of lawns and shrubs demand, as never before, the dependable security of Cyclone Fence.

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Watch this department for an announcement of "The Charm Book" by Barbara Lenox, Sunset Beauty Editor.

TO BE BEAUTIFUL

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Western Health and Beauty

By Barbara Lenox

DID you ever stop to think that every day you are in a beauty contest? That people are constantly forming opinions, comparing, approving, or disapproving? At this very moment several persons may be thinking about you, seeing you through their mind's eye—your husband, your high-school son or daughter, your friends and club associates. Will they approve or not? Naturally you hope they approve, because without the approval and cooperation of others, we really cannot have success, achievement, happiness.

Very few of us are born beautiful, but we can all learn to create the illusion of beauty in our own way. We can all be well groomed and express charm. It is a good idea sometimes to idealize ourselves, since we are all idealists at heart, inspired by the deeds of others. Why not turn this power selfward? Try to imagine how you would look if your defects were all removed. For one thing you would not be fat, nor dull eyed, nor dull skinned. You would be lean, keen, alert. Your eyes would twinkle, your color be fresh. Look in the mirror and confess you leave much to be desired. Well, *you can be* quite another sort of person. *You can recreate yourself* in terms of youth, vitality, charm. You can perform miracles with yourself . . . if you want to.

The best way to recreate yourself is to make a beauty plan and follow it faithfully without any holidays. Make your plan to suit your own time and physical requirements, keeping in mind that our western climate in many parts is very drying to the skin, and that the water is hard, and include in your routine beauty rites which will counteract these facts. The first thing to do is to sit down with pencil and paper, check over your good points and bad ones, and make a plan that will correct as much as possible your handicaps to beauty.

Plan your beauty routine with a morning and evening treatment. In the morning before you get out of bed, stop to breathe slowly and deeply a few times. Then take a few exercises according to your needs. If your hips are lumpy, or your arms are too plump, concentrate on removing those handicaps of beauty. Follow your exercise with a shower and rub down with salt. Don't forget to use a deodorant. For the face, a good cleansing with cream or soap and water or both, a toning lotion and a protective cream, then you are ready for your make-up. If you use soap and water, remember to soften the water with a pinch of soda. Give the hair a light fingertip massage, a quick brushing, and it is ready for dressing.

At night, no matter how tired you are or how late it is, always remove make-up and cleanse the skin thoroughly. If you've been shopping and your feet ache, take a hot Epsom salts foot bath, remove all clothing and rub briskly with a turkish towel. That will refresh you sufficiently so that you will be able to continue your important night treatment. After cleansing use a cream to stimulate the circulation on both neck and face, and if your skin is dry use an oil or cream to soften and lubricate it. This will counteract the drying effect of the climate here in the West. Apply your corrective creams to wrinkles and other blemishes, take a few exercises, particularly of the relaxation type, cream the hands, brush hair and massage scalp, slip on sleeping gloves, and so to bed. This is just a suggested outline of a daily treatment. You will have to make your own to meet your needs, but by all means make one, follow it every day, and in addition do one special beauty rite each day.

The first day, for instance, follow your morning and evening treatment, and in addition, sometime during the day give

Miss Lenox will help you with your Beauty Problems

You may write to her in care of This Magazine

your hair a hot oil shampoo, to remedy dryness. Give the scalp a special massage, and perhaps try one of the new vegetable rinses to give the hair an interesting color and sheen. The second day, groom your eyebrows, and remove all superfluous hair from arms and legs. The third day, give yourself a facial, including the neck, with special attention to wrinkles and double chin. The following day a manicure—and now you see how it works. By organizing your time, your beauty work will not interfere with your regular activities, and at the end of a few weeks your appearance will amaze you. You will look well groomed, and for women who wish to excel in business or social life that is an indispensable asset. In addition you will have a new confidence, an assurance that gives you poise and charm. Try it.

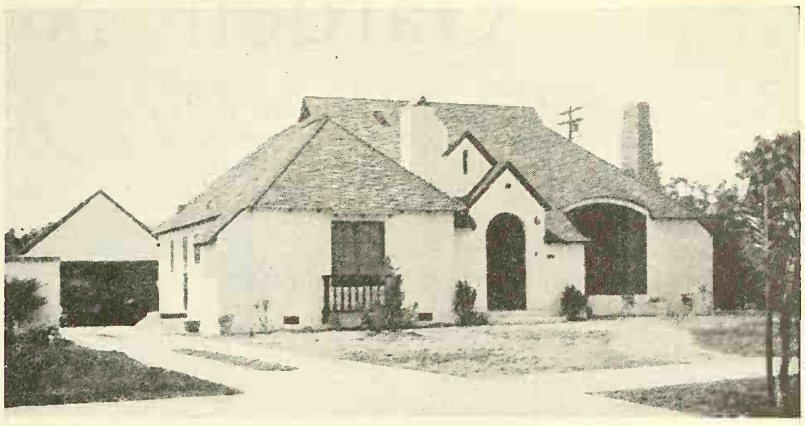
To be well groomed is the first step; then the next step is to learn to create the illusion of beauty which is a matter of studying lines and colors; and then comes charm, which is the invisible side of beauty. We want to tell you about all three of these steps which are yours if you want them. No matter how many physical handicaps you have, or how many limitations, you can be well groomed and charming. Why not begin now to recreate yourself as you would like to be? Invest a little time in yourself, make a plan, and budget your beauty work. If you need any help, write me and I'll do my best. Please remember to enclose a stamped, self-addressed envelope.

California Iris

SOLDIERS with purple helmets,
Standing so tall and straight,
With sharp, green spears uplifted,
Storming the springtime gate.
Regiments in the garden,
Heads lifted proud and high,
Standing at strict attention,
Saluting each passer-by.
When the proud march is over,
And regiments disappear,
Sentries are left on duty,
Through all the long, sweet year.
—Theresa M. McLean.

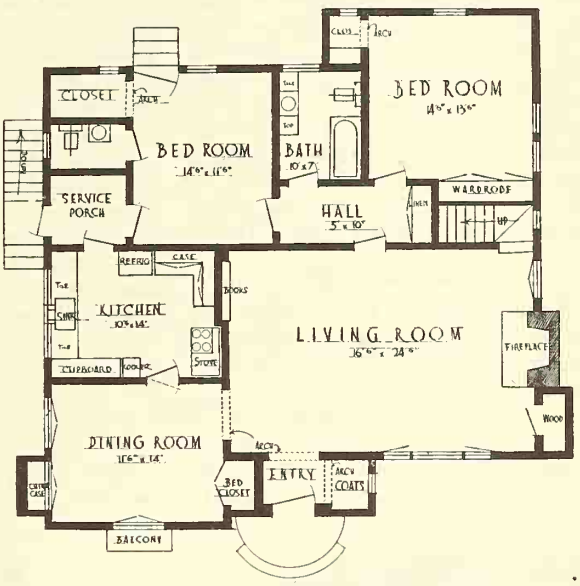
Palm Tree House

IN my garden grows a palm tree
Tall and slender; standing free
From the other plants around it,
Source of constant joy to me.
Bends its head before the North wind,
Happy song and story weaves
For the birds that have their dwellings
Underneath its rustling leaves.
Sheathed from eaves to the foundation
With a softly weathered thatch,
'Tis one high apartment building
With the front door off the latch.
—Florence L. Bixby.



Sunset Readers Are Building New Homes

Here's One in Santa Ana, California



THE new SUNSET arrived today. After reading it I felt I must write you about our new home which we are enjoying more and more. I hope that the story of it will be useful to other SUNSET readers. We are always eager to receive the magazine and have particularly enjoyed the house plans.

Our home is a New England cottage type with five rooms on the first floor and an upstairs room (10x20) over the hall and one bedroom, which serves as our recreation room. Although the house is small we have specialized in built-in conveniences, closets and the like which certainly make housekeeping a joy. The living and dining rooms have cove ceilings. In the living room there is space for books, also a wood closet with shelves for storing magazines, music and other papers that are so likely to clutter up the living room. In the dining room is a spacious china closet with plenty of space for linens. A closet adjoining the dining room holds the wall bed. This bed closet is roomy with a number of removable shelves, the lowest shelf being 36 inches from the floor, making room for my sewing machine underneath.

The bedrooms have plenty of closet space. The bathroom has a built-in Pullman lavatory with drawers below the left end and hamper compartment beneath the right end. The shower is above the tub.

The kitchen has an unusual amount of cupboard space. In addition to the refrigerator there is a cooler—one of the new revolving porcelain shelf type. The service porch has a stationary tub and electric washing machine. Above the tub is an overhead cupboard for storage. The basement (10x12) is cemented and contains the gas furnace and water tank.

Since taking this photograph, shrubbery and flowers have grown up, thus softening the walls and adding beauty to the exterior. The house faces east and has a beautiful setting in a well-kept orange grove.—Mrs. E. C. Diehl, Santa Ana.

Garden Notes *for the Bay Region*

By
Marie Olsson

SEPTEMBER is a busy month for the gardener for it is the month during which we rejuvenate our gardens so that they may be equally as lovely during the fall and winter as they are during the springtime and summer. Why not make a fall garden plan this year, appointing yourself the landscape architect on the job? Sketch your house and garden to scale on a piece of graph paper just as would a professional landscape man, and make any notations and planting suggestions on it that you believe would be real additions to your existing garden plan. Perhaps your rose bed would stand out more elegantly if bordered with lobelia; the spot from which you pulled out the annuals last week may be the location for a rockery or cutting bed; and the area under your fruit tree might be neater and more attractive if carpeted with lawn. When your plan of work has been completed and plant material selected, then commence to dig, hoe and rake, spray and prune, and finally plant the new things.

Plan for Bulbs

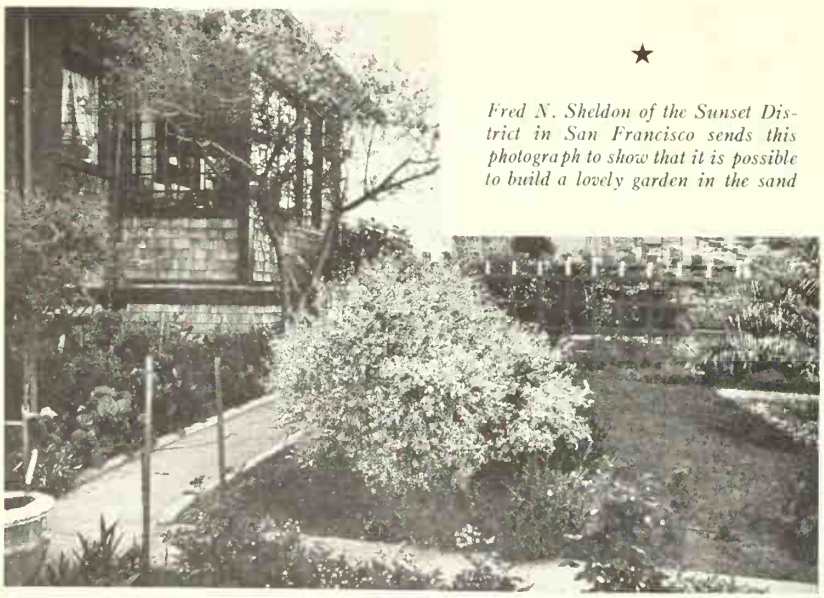
September is the beginning of bulb planting time in Sunset Land and many a nook in your garden may be brought to life by the addition of a few of them. Low growing varieties such as muscari, crocus, scillas, snowdrops, and chionodoxas are splendid at the edge of grass walks, in front of shrubbery, in the fern bed, and at the base of hedges and trees. Daffodils or tulips are lovely when blooming in the rose bed or between clumps of peonies. In your rockery tigridias, sometimes called Mexican Shell Flowers, provide a feeling of naturalness which is the aim in rock garden planting. A charming woodland bulbous plant is the erythronium or dog's tooth violet, producing in earliest spring small, lily-like flowers of white, pink, cream, yellow and rose. They do best in a shaded corner with a rock or two for protection, and are a valuable addition to the semi-wild garden, or any part of the garden where they can be allowed to grow without disturbance. The plants do best in soil composed of equal parts of garden loam, peat and leaf mold. Their beauty is not confined altogether to their flowers; their richly mottled leaves create a delightful setting for the blossoms.

It isn't too late to plant gladiolus—in fact, they may be planted as late as November with good results. The East Bay Gladiolus Society held a most delightful exhibit last month. (Do try to attend as many flower shows as possible for they give you an opportunity to see varieties in bloom, at which time it is best to select those you wish for your own garden.) Some outstanding varieties at this Gladiolus Show were Pfitzer's Triumph, with strong stems and brilliant flame colored flowers; Magna Blanco, pale yellow; Betty Nuthall, pale orange; Aquila, pink with a ruffled edge; Maid of Orleans and Albatross, both white; and Picardy, a pale peach tone. It is a good idea to plant glad bulbs on a bed of sand or peat moss for they strike root quicker.

Plant Annuals and Perennials Now

Seeds of all perennials and of some annuals may be sown this month. It is advisable to start seeds in boxes in soil composed of equal parts of sand, garden loam, and peat moss. Everyone has his or her special method of sowing seed for best results—one good way is to plant large seeds in shallow drills an inch apart; fine seed, simply mix with a quantity of sand and scatter broadcast over the surface. A safe rule to follow is that most seeds should be planted at a depth of three times their diameter. If you cover the seeds with sand rather than soil, surface crusting is avoided, thus making it easy for tiny seedlings to come through. As the seeds sprout, water them moderately and keep the soil between them worked with a small hand cultivator—or even with a kitchen fork—to allow free entry of moisture and air. When they are above the ground the aim should be to keep them growing vigorously, for this develops sturdy plants and avoids "damping off," a disease which ruins many seedlings. A light sprinkling of powdered sulphur will often prevent such an attack. When the plants can be handled easily, move them to their permanent place in the garden. It is a good idea to cover young tender plants at night with small berry boxes or similar cardboard containers, or make a cone-shaped cap out of heavy paper for each seedling.

Hypericum is a fine perennial for a sunny bank in your garden. It has graceful green foliage and bright yellow flowers with spreading petals and numerous long stamens tipped with reddish anthers. Be sure to plant some Transvaal daisies in a sunny corner of your garden. Like the hypericum, these colorful flowers do best when neglected. Water them thoroughly about every other week, cultivate around them occasion-



★

Fred N. Sheldon of the Sunset District in San Francisco sends this photograph to show that it is possible to build a lovely garden in the sand

ally, and do not overfertilize. Too rich soil produces wonderful foliage but few flowers.

There are many perennials that will thrive in seaside gardens, where the soil is sandy and the atmosphere salty. Among these plants are included agrostemma, with downy foliage of silvery gray and vivid blood-red flowers; Michaelmas daisies; hibiscus, excellent for a background specimen; *Phlox subulata;* and *Verbena erinoides.*

In a shaded nook of your garden plant some Japanese anemones, or windflowers. They bloom generously from August until frost; the flowers are white or rose and the leaves much lobed and decorative. A wonderful specimen of this flower grows on the north side of a Mill Valley home, planted amid hydrangeas and fuchsias. Some other perennials for a shaded garden are columbines, foxgloves, violets, campanulas and coral bells.

A perennial border in front of shrubs has many advantages; it gives a touch of color to the border, prevents the growth of weeds, and saves water since the cultivation tends to conserve the moisture. Perennials have their place in the rockery, too; try *Campanula pusilla* and *elatsio,* both a vivid shade of blue, and both close, compact, thrifty growers. *Chrysanthemum maui* is a delightful new addition to the rock garden, with its tiny pink daisy-like flowers borne on long stems. A charming rock garden we saw recently boasted a background of double white Shasta daisies, gaillardia and coreopsis, with a ribbon of purple *Verbena erinoides* in front. Your sense of color harmony will tell you that it was gorgeous.

Certain annuals may be sown in the fall with very good results. If you need some color quickly in a section of your garden sow calendulas, Shirley poppies, pansies, nigella, nemophila (better known as Baby Blue Eyes, a native wild flower of California), candytuft, clarkia, and godetias. Fine for bedding purposes is the annual *Saponaria calabrica;* it grows six inches tall and has lovely pink flowers. This is an uncommon annual, and one you should try.

Irrigating Stocks

Plant stocks now for winter bloom. Since stocks are lime-loving plants, add a small quantity of lime to the soil before sowing the seed. The Giant Imperial Strain produces strong tall branches and its blossoms are exceedingly fragrant. The seed bed, either a flat or in the open, may be prepared as usual, seeds scattered over it, and raked into the soil. When the seedlings may be handled safely and easily, transplant into the bottom of a trench two inches deep. This trench makes watering an easy task, greatly reduces the water bill, and provides the stocks with the necessary abundance of moisture. "Irrigate" the plants every other day until they are

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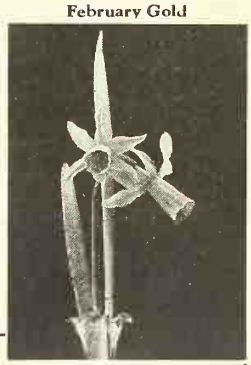
5. Narcissus bulbocodium conspicuus (Yellow hoop petticoat) 5 bulbs.....70c

6. Narcissus jonquilla simplex (True yellow jonquil) 10 bulbs.....75c

7. Agnes Harvey (White Triandrus Hybrid) 5 bulbs.....50c

8. February Gold (Yellow Cyclamineus Hybrid) 2 bulbs.....75c

February Gold



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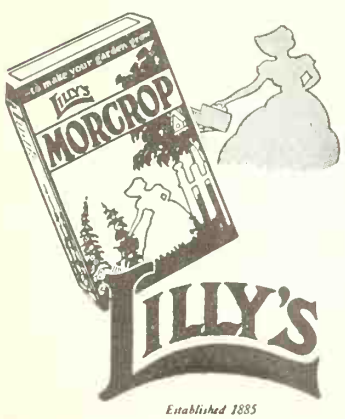

Established 1885

through blooming. The water has a tendency to wash the soil into the trench and build it up around the stalks of the plants, thus giving them a good firm hold in the soil. In my own garden, these simple cultural methods produced flower stalks three feet tall.

Plan to Plant Some Shrubs

Autumn is a good time to plant shrubs, and a good part of your garden should be planted in shrubbery. They are the frame for your annuals, perennials, and bulbous plants of your garden, they require very little attention once established, fill out rapidly, and provide lovely tones of green for the walls of an outdoor living room. Silhouetted against a white stucco wall or fence of stone or wood there is nothing finer than a few carefully selected shrubs.

Abutilon megapotamicum is a fine shrub for a semi-shaded location, especially if it gets an hour or two of morning sun. In mild seasons, its blossoms of golden orange petals, bronze calyx, and magenta stamens, provide glorious color the entire year. I hardly know which is more commendable—the foliage, which is richly mottled by tiny squares of yellow and green, or its lovely flowers. It does well against a wall, and is an excellent foundation shrub in front of fuchsias whose base is often bare and unsightly.

Abelias are fine for foundation plantings or in a shrubbery border. The most common one, *A. grandiflora*, has glossy green foliage, and tubular light pink flowers that bloom gloriously during the summer. *A. schumannii* has lavender flowers, finer foliage than the *grandiflora* and is a profuse bloomer. The most beautiful abelia and most difficult to obtain, too, is *A. floribunda*, whose pendulous branches are covered with tubular red flowers in clusters during the spring and summer. One of its many uses is a background shrub for the rockery.

Rock Roses (*Cistus*) are fine small shrubs for rock gardens and shrub borders. A new introduction is *C. purpureum*, which has large red flowers, and thrives in any fair soil provided it is in the sunshine.

The berried cotoneasters are well known to gardeners, but too much cannot be said about their beauty in a rock garden or on the edge of a lily pool. Three excellent varieties for this purpose are *C. microphylla, horizontalis*, and *adpressa*. This last one clings to the ground and fastens itself securely to the sides of rocks or the rim of a pool.

If you live in the interior valleys of California where the summers are warm and dry, you must select drought resistant shrubs. Most such plants are evergreen and are characterized by their thick, leathery leaves. Some good varieties of small trees and shrubs that will survive a dry season are the acacias, arctostaphylos or bearberry, with luscious red berries in winter and tiny pink flowers in spring, and *Ceanothus cyaneus purpureus*, a tiny-leaved lilac with rich blue flowers. This small tree or large shrub grows abundantly and beautifully along the Monticello highway just outside the town of Napa. We have prepared a short list of drought resistant shrubs and trees which will be sent you upon request, if you live where such plant material must be used.

Don't Starve Your Plants

IT isn't hard for us when we look out over a lawn that is vivid and thriving—over flower beds ablaze with color—to think of these growing things as personalities, as living, breathing beings.

And so they are, not only now when we see them in their mature glory, but even when they're in the tiny seed form or first shoot stage.

Plants are very much like human beings. Their needs come close to ours. And the better we understand that, the finer our gardens are sure to be.

In the framework of each plant, even the smallest, there is a complex arrangement of living cells, much as there is in the human body. These little cells, to grow and expand and multiply, must have "food." And it is the job of leaves and roots to prepare and serve this food.

With all our modern dietetic research going on, we hear a great deal about carbohydrates, fats, proteids, alkaloids, and so on. Plants need them all, too.

To supply a need for carbohydrate, we humans eat our cereal for breakfast, or munch a chocolate bar on the golf links. The plant, through the coloring matter on its leaves (chlorophyll), combines the carbon dioxide gas of the air with water taken in by its roots, to form simple carbohydrates.

These simple carbohydrates then become the raw materials from which more complex compounds and building materials are formed, through combination with plant food elements from the soil.

These plant food elements of the soil, dissolved by the moisture in the ground, enter the roots and travel up the stalk in solution. They meet the simple carbohydrates in the leaves, and, with the help of the sun's rays, "digestion" and re-combination takes place.

And so the growth producing processes continue as they do in the human system—constantly, automatically—unless something disturbs the cycle.

One thing that can seriously upset a plant's routine is a shortage of food in

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Grants Pass Bulb Exchange, Grants Pass, Ore.

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Plant the seed NOW and use

Oregon Giant Pansy Seed

If you want BETTER and BEST blooms

600 Seeds mixed..... $1.00

To be sure of true stock, send direct to the originator of this strain.

MRS. MERTON G. ELLIS,
Canby, Oregon

FREE FOR THE ASKING: Cultural Directions and Suggestions for Marketing Pansy Plants.

Refer to page 38 in April Sunset for Everett Earl Stanard's article about pansy growing, illustrated by photo of The Oregon Giants. Note this gardening expert's opinion of The Oregon Giants.

COLCHICUM "The Wonder Bulb"

Lovely, Crocus-like flowers of rosy-lavender shade. Blooms without soil or water, in early Autumn. Simply place in sunny window, where these delightfully fragrant flowers will unfold in quick succession $2.25 per dozen, 5 for $1.00. Catalog of Autumn Flowering Bulbs, "Amaryllids" and Rare Iris, Free on Request.

GORDON AINSLEY Campbell, Calif.

the soil. It happens frequently, too. Sometimes it's because the cupboard wasn't very well stocked to start with. Or simply that growing plants, eating hungrily year after year, have finally exhausted the original supply.

And then it's our move. Not being blessed with powers of locomotion, these hungry plants can't step out and rummage around for a square meal elsewhere. So we have to feed them or they starve—and show it. And scraggly rose bushes, dull, colorless lawns, and puny flowers are not an attractive sight.

Fortunately, no home gardener today has to risk having his garden run short of "groceries" this way. He can feed it regularly with inexpensive, scientific plant food purchased at his dealer's, and know that each plant will get the full, balanced menu it needs to thrive and do its best.

Thus we see that in our gardening we deal with some very close-to-human personalities, showing almost human characteristics in their vital processes, needs and responses.

And while we can't claim income tax exemptions for them, gardens are dependents of ours just as surely as our children are. They look to us to keep them clean and healthy and well fed—to give them water when they're thirsty, to pull weeds and loosen the soil so their roots can breathe, to spray them and keep them free from destructive insects.

And if we don't do it? After all, aren't we the losers?

Try to understand better your growing things, to appreciate their human side. Your garden can't help but be finer for it.—W. F. Price.

BE sure to attend the ninth annual California Flower Festival, September 14, 15, 16 and 17 at San Leandro. This always-famous flower show promises to be bigger and better this year than ever before. Among its many and unusual features are Japanese gardens, wild flowers from Australia, the new "Mrs. Roosevelt" rose, and an exceptionally fine exhibit of rare birds.

The Marin Garden Club is holding its Second Annual Flower Show at the Lagunitas Country Club, Ross, on Thursday, September 28, from 2 to 10 p. m. Admission 50 cents; children under twelve 25 cents. The Club is also arranging a Garden Tour on that afternoon.

BULBS

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Narcissi (Daffodils), Tulips, Hyacinths, Lilies, Irises and the charming small bulbs for Rock Gardens. Autumn Flowering Crocuses 50¢ per doz. Highest Quality Oregon Grown Bulbs. Lowered Prices. Our catalog is free.

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—and watch ravenous Lawn, Shrubs, Flowers, and Bulbs repay you gayly, gladly, gloriously in

Luxuriant Lawns *and* Gorgeous Gardens

There's a new appreciation of Home nowadays in America. It's lived in more! The family interests center there anew. Let its surroundings be inviting and stimulating that all who approach may be gladdened and refreshed in spirit by its very loveliness.

AMMONIATED

CALA-BONE

BONE MEAL

quickens bacterial action in the soil; it's easy—and inexpensive—to fertilize with this pure, odorless plant food. It supplies nourishment *that lasts*. It is safe; no damage can result from liberal application.

There is this point about it too: it can be applied advantageously at any time.

Application directions prepared by Sunset Magazine's Garden Editor are included in our illustrated folder. It will unfold new gardening vistas for you; send for it now.

☐ Send me free sample and illustrated leaflet: "For Luxuriant Lawns and Gorgeous Gardens."

☐ Herewith {M. O. / check} for $3 for 100-lb. bag.

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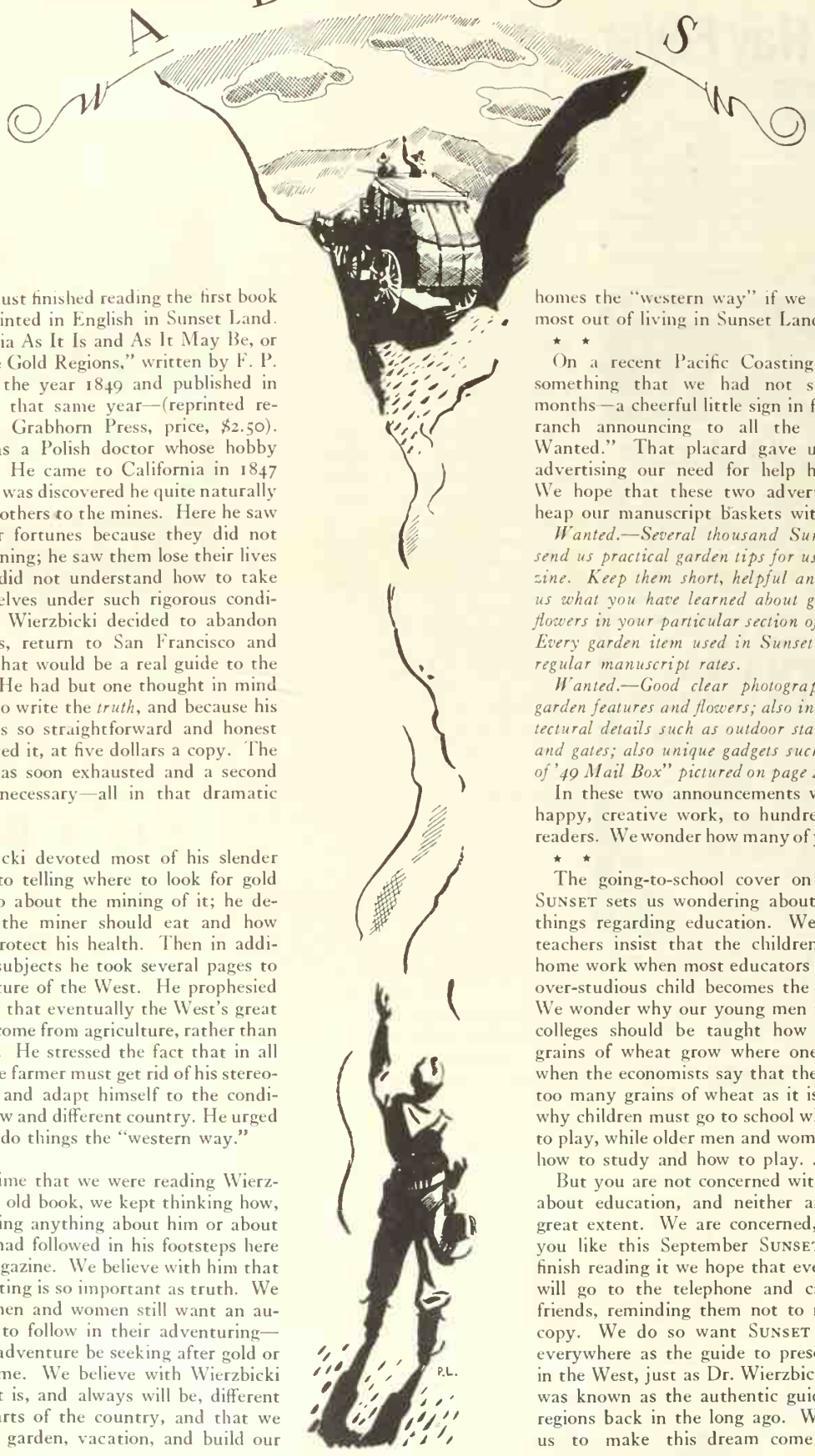
ADIOS



WE have just finished reading the first book to be printed in English in Sunset Land. It is "California As It Is and As It May Be, or a Guide to the Gold Regions," written by F. P. Wierzbicki in the year 1849 and published in San Francisco that same year—(reprinted recently by the Grabhorn Press, price, $2.50). Wierzbicki was a Polish doctor whose hobby was minerals. He came to California in 1847 and when gold was discovered he quite naturally went with the others to the mines. Here he saw men lose their fortunes because they did not understand mining; he saw them lose their lives because they did not understand how to take care of themselves under such rigorous conditions. So Dr. Wierzbicki decided to abandon the gold fields, return to San Francisco and write a book that would be a real guide to the gold seekers. He had but one thought in mind and that was to write the *truth*, and because his little book was so straightforward and honest everyone wanted it, at five dollars a copy. The first edition was soon exhausted and a second printing was necessary—all in that dramatic year of 1849.

* *

Dr. Wierzbicki devoted most of his slender little volume to telling where to look for gold and how to go about the mining of it; he described what the miner should eat and how generally to protect his health. Then in addition to these subjects he took several pages to discuss the future of the West. He prophesied (back in 1849) that eventually the West's great wealth would come from agriculture, rather than from minerals. He stressed the fact that in all agriculture, the farmer must get rid of his stereotyped notions and adapt himself to the conditions of this new and different country. He urged newcomers to do things the "western way."

* *

All of the time that we were reading Wierzbicki's famous old book, we kept thinking how, without knowing anything about him or about his book, we had followed in his footsteps here at SUNSET Magazine. We believe with him that nothing in writing is so important as truth. We believe that men and women still want an authentic guide to follow in their adventuring—whether that adventure be seeking after gold or building a home. We believe with Wierzbicki that the West is, and always will be, different from other parts of the country, and that we must learn to garden, vacation, and build our homes the "western way" if we are to get the most out of living in Sunset Land.

* *

On a recent Pacific Coasting trip we saw something that we had not seen in many months—a cheerful little sign in front of a fruit ranch announcing to all the world, "Help Wanted." That placard gave us the idea of advertising our need for help here in *Adios*. We hope that these two advertisements will heap our manuscript baskets with replies.

Wanted.—Several thousand Sunset readers to send us practical garden tips for use in the magazine. Keep them short, helpful and timely. Tell us what you have learned about growing certain flowers in your particular section of Sunset Land. Every garden item used in Sunset is paid for at regular manuscript rates.

Wanted.—Good clear photographs of western garden features and flowers; also interesting architectural details such as outdoor stairways, patios, and gates; also unique gadgets such as the "Days of '49 Mail Box" pictured on page 20 of this issue.

In these two announcements we offer work, happy, creative work, to hundreds of SUNSET readers. We wonder how many of you will apply.

* *

The going-to-school cover on this month's SUNSET sets us wondering about a number of things regarding education. We wonder why teachers insist that the children do so much home work when most educators agree that the over-studious child becomes the morose adult. We wonder why our young men in agricultural colleges should be taught how to make two grains of wheat grow where one grew before, when the economists say that the farmers grow too many grains of wheat as it is. We wonder why children must go to school when they want to play, while older men and women forget both how to study and how to play. . . . .

But you are not concerned with our musings about education, and neither are we to any great extent. We are concerned, though, that you like this September SUNSET. When you finish reading it we hope that every one of you will go to the telephone and call up several friends, reminding them not to miss getting a copy. We do so want SUNSET to be known everywhere as the guide to present day living in the West, just as Dr. Wierzbicki's little book was known as the authentic guide to the gold regions back in the long ago. Won't you help us to make this dream come true?—L. R.

FOR THE *"connoisseur"* OF GASOLINES

THE modern high compression car is as exacting in its fuel requirements as its owner is in his demands for perfection in motor performance. Both can quickly recognize a superior gasoline.

That is why so many of the Pacific Coast's fine cars are fueled exclusively with 76 + Ethyl.

By the skillful blending of Ethyl and the famous 76 gasoline —(which, itself, is highest in natural anti-knock fractions)—the Union Oil Company has produced

76 + ETHYL

a gasoline of tremendous power, smoothness, and flexibility—with absolute freedom from knocking.

Enjoy the *best* performance the manufacturer has built into your high compression motor. Change to 76 + Ethyl. Do it today.

UNION OIL COMPANY

PHOTOGRAPH BY FRANCIS M. HODGE, SALEM, OREGON

Sunset Gold

WITH serious minded educators and authors on all sides urging us to bend every effort to "improve ourselves," to budget our time as rigidly as our incomes that no precious moment may be wasted, let's not forget that it is wise sometimes just to be foolish.

Life is real, life is earnest, of course. None of us who have reached years of more or less discretion and have lived through a depression need be told that. It is grim and difficult enough, in spots, without making it grimmer and harder by holding stern and unrelaxing to the plowshares of duty. Let's stop and smile, or chuckle, or laugh right out loud once in a while, when occasion arises.

Most of the bits of foolishness that give us the greatest relaxation are entirely unplanned and unscheduled. Fathers and mothers of youngsters have their problems, of course, but they have a never-failing source of amusement and fun right at hand to balance the worries. Little remarks that are not even laughable when quoted may be deliciously funny when made. A dog or a cat will furnish constant comedy for any household, while a dog *and* a cat in the same house are more than twice as much fun as either one alone. Wire-haired Paddy, with her shaggy little head cocked sidewise as she searches for her "squeaky," forces a smile through any maze of worry frowns. Stripe, choosing the cold ashes of the new fireplace as a grand place to bury a bone, wins a laugh from his owners, on their way to the hospital. Fritter, the cat, always a picture of outraged dignity in coal black accented by startling white whiskers, is amusing when he is doing nothing clever at all; but when he calmly walks into the midst of a game of solitaire and lies down, he brings chortles of exasperated appreciation for his impudence.

I am in favor of wasting some time each day in foolish fun. I am not in favor of budgeting smiles and laughter. They must be spontaneous or they are meaningless. Nothing is much more depressing than a polite, forced laugh, nothing more heartening than a genuinely mirthful one.

Some persons can go off into gales of laughter over foolishness that others could not possibly conceive as being funny. But even these latter poor souls can learn to be a little bit silly.

Did it ever occur to you that persons who can laugh together rarely quarrel or disagree seriously? It is remarkable, too, how often some absurd, silly rejoinder to a critical remark will avert an argument. One simply cannot start a quarrel while struggling with a giggle or a grin.

It is worth while, if you are inclined to be morose or irritable, to practice being frivolously foolish with your family, or those with whom you are thrown in closest contact constantly. Some persons, you know, are immensely clever when stimulated by a social occasion, but are dull and crusty with those nearest and dearest to them. A spirit of lightheartedness and fun can be developed, with practice, just as any of the more solid virtues can be cultivated.

You are living in the West. Don't plan to spend all your time in self-improvement. Don't stay indoors all the time, working and struggling with ever-present worries. Get outdoors often, in sun or rain. Laugh at the antics of your own or your neighbors' children and dogs and kittens, and forget your caustic criticisms of them. Enjoy the sauciness of the chipmunks and the craftiness of the trade-rat in your mountain camp. Let yourself be amused at simple things—things without point or consequence. Remember, even dramatic tragedies have their comedy relief. Don't try to save up all your fun for sometime in the misty future, when you shall have straightened out all your problems. Laughter, the life-saver, the sanity-saver, is one thing that you can spend as you go along, and have more at the end than at the beginning.—G. A. C.

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MEXICO

"One circumstance must be observed by all who travel in Mexican territory. There is not one human being or passing object to be seen that is not in itself a picture, or which would not form a good subject for the pencil."

THE FLOWER GIRLS OF XOCHIMILCO

SO close is Mexico, so easy to visit, that it is strange so few Americans have seen it. A trip to Mexico City is no more trouble now than a trip to Chicago. Visit Mexico this winter. The winter climate is delightful and there will be many gay fiestas during the holidays.

At Los Angeles you board a modern Pullman car. This car is your home clear to Mexico City, but outside your window a civilization centuries-old passes in review. Mazatlan, where the movies find their "South Seas" atmosphere . . . the wild *barrancas,* region of impenetrable gorges and mountains . . . Guadalajara, where the famous Tonola pottery is sold and "bubble glass" is made. Then Mexico City (7000 feet above the sea), home of over a million people, famous for its continental atmosphere and its climate. Here you will find modern hotels and restaurants. And this will be the center of your Mexico adventuring . . . to Chapultepec, where Montezuma had his human zoo . . . to Xochimilco's floating gardens . . . to Oaxaca, whose market place on Saturday is a tourist's dream . . . to other picturesque places with their unpronounceable names: Tixtlahuaca, Huexolotitlan, Suchilquitongo.

LOW FARES

Very low excursion roundtrip fares will be in effect every day this winter. For example, about $96 roundtrip from Los Angeles to Mexico City, $107 from San Francisco, with similar fares from most other points. Southern Pacific maintains thru Pullman service from Los Angeles to Mexico City, via the picturesque West Coast Route, with excellent dining car service.

For the free booklet, "Pictorial Mexico" and detailed information, write F. S. McGINNIS, 65 Market St., San Francisco, H. P. MONAHAN, Pacific Electric Bldg., Los Angeles, or J. A. ORMANDY, 705 Pacific Bldg., Portland.

Southern Pacific

WELCOME

to a **LAND** *of*

TREASURE

JAPAN

Join the treasure-seekers who are sailing across the Pacific to Japan this year—and enjoy the welcome that Japan is forever making ready for her visitors.

The trip is easy and astonishingly inexpensive, with steamship fares the lowest in the world, considering service and the distance traveled—and the yen exchange strongly in your favor. The Japan Tourist Bureau provides a series of all-inclusive tours to show you the Empire's choicest regions at the lowest possible cost. Write today for a booklet detailing these fascinating itineraries.

Full information will be furnished by any tourist agency, or by the Japan Tourist Bureau c/o Japanese Gov't Railways, One Madison Ave., N. Y. C. or Chamber of Commerce Bldg., 1151 So. Broadway, Los Angeles, Calif. or c/o Nippon Yusen Kaisha, 545 Fifth Ave., N. Y. C.

JAPAN

TOURIST BUREAU

Sunset Travel Service

PERHAPS it isn't fair to talk vacation so late in the season, but by so doing we can accomplish two ends. We can give the late vacationist an excellent suggestion, and we can get some of the enthusiasm off our chest before we become a complete bore to all our friends! Yes—we've been dude ranching again. This time at a Dude Ranch in the Sierra foothills out of Fresno, California, where, in the course of a few weeks, we learned to sit the saddle like a true western rider; to dive for rocks at the river bottom; to spin a rope; and to shoot a gun! All of which covers only a small part of the fun and thrills of a dude ranch vacation. This particular ranch was once the site of tribes of Digger Indians and likewise of some rather hair-raising and dramatic bandit history of early California days, which accounts for the tall tales that are told around the camp fire.

Due to good climatic conditions throughout New Mexico, Arizona and California, many of the dude ranches in those states are open the year around. Crisp clear days of fall and winter are exceptionally good for horseback riding and hiking. Night time brings a camp fire, or perhaps a gathering around the large stone fireplace in the ranch house, adding to the joy and comradeship of the informal life on the dude ranch. It is the sort of life that gets under the skin, and even as we sit in our cozy little green office our mind wanders back to the ranch—we can smell the very-out-of-doors, feel little Gypsy's soft nose rubbing against our arm, and hear her friendly whinny in the morning, or we are suddenly back at the river lying lazy in the sun on a raft midstream, or sitting under the stars at camp fire while a cowboy sings in a plaintive voice about the "Red River Valley," and we wink back at the moon too big to be true—ho hum! That's what it does to one. Descriptive folders on western dude ranches are available for a three-cent stamp. Rates vary from $35 a week up, including the use of a horse.

We Motor to Death Valley

Travel Editor, Sunset Magazine:

My wife and I plan to drive to Death Valley in October. Will you please give us particulars as to which is the best route and what the distance is from here? How are the roads? By the way, October is not too early for this trip, is it?—H. H., Stockton, California.

October to May is the regular season in Death Valley, and a trip to the desert in October will be delightful. From Stockton, Highway No. 99 brings the motorist to Fresno and Bakersfield over excellent paved highway. From Bakersfield we like to suggest the route via Freeman Junction to Olancha, this route being pavement and oiled gravel. From Olancha the road to Furnace Creek is a good dirt road with some grades, descending into the valley by way of Stove Pipe Wells. This route is approximately 550 miles from your city. For variation, it would be interesting to plan to return by way of Barstow, across the Mojave Desert to Bakersfield and then home via No. 99. (Approximately 600 miles.) This route is paved and oiled gravel, and graded desert road in sections. It is always best to check up with your nearest automobile club as to latest road reports covering your intended route. We have sent you booklets descriptive of Death Valley, and a helpful leaflet entitled, "Interesting Things to See and Do in Death Valley."

What the Peso Buys

Travel Editor, Sunset Magazine:

Thank you for the booklet on "Colorful Mexico." I have enjoyed reading it very much, and am looking forward to my trip this fall. By the way, how long does it take from Los Angeles to Mexico City by train? What is the rate of exchange in Mexico now? What clothing will I need in Mexico City? And how much is the tourist permit? Thank you for your help.—G. S., Portland, Oregon.

Many persons are under the impression that Mexico, being a foreign country, is reached only after days of tiresome travel. Quite the contrary. Using the El Paso or central route, Mexico City is only 66 hours from Los Angeles by train; 80 hours from San Francisco; 101 hours from Portland; and 107 hours from Seattle. Using the Nogales or West Coast route requires about a half day longer. It is interesting to use one route going and another returning. At present the rate of exchange on the Mexican peso is three pesos to the dollar. A double room with bath at the Ritz or Geneve Hotels may be had for from 5 to 15 pesos, and food may be had for from 3 to 4 pesos a day. The Geneve Hotel, by the way, is located a little on the outskirts near the American Embassy in Mexico City, and is one of the most popular hotels with American tourists. The climate in Mexico City is somewhat comparable to that of San Francisco, so regular fall clothes will be suitable for your trip. The tourist permit necessary when visiting Mexico may be secured from any Mexican Consulate. The document is good for six months, and the fee is one dollar. Incidentally you would find it helpful and interesting to read one or two good guide books in preparation for your trip. "Mexican Holiday," by Anita Brenner ($2.50), and

"Mexican Guide," by Frances Toors ($1.00), are both excellent. We have just received a supply of folders on some of the leading hotels in Mexico City, and have sent copies to you.

Sierra Pack Trips

Travel Editor, Sunset Magazine:

Is October too late to take a pack trip in the Sierra? We had thought of a trip into the Kern or Kings River country, and are particularly interested in deer hunting. Are there any packing companies that make trips as late as October?—R. R., Hollywood, California.

Deer are plentiful in the Sierra Nevada Mountains, and the season does not close until October 15. There are a number of packers in the regions about which you ask, and any one of them would be glad to take you out this month. We are sending you descriptive folders. The trip to Mt. Whitney and into the Kern and Kings River country is one of the most popular trips, according to one of the packers. The folders will give you detailed information with regard to rates, etc.

Wardrobe for Hawaii

Travel Editor, Sunset Magazine:

Is this a good time of year to visit Hawaii? I should appreciate any booklets you can send me with regard to such a trip. Would you be good enough to give me some suggestions as to what sort of clothing I would need?—G. S., Reno, Nevada.

There is really no "best" time to visit Hawaii—it is a land of perpetual sunshine and flowers. October, by the way, is the month of flower shows in Hawaii. Do not let clothing give you too much concern. You wear down there the same sort of clothing you would wear during summer at home. First class passengers on board ship usually dress formally for dinner, while cabin class passengers do not. We have compiled a list of clothing suggestions for a trip to Hawaii covering the requirements both on board ship and while in the Islands, and we have sent a copy to you. Literature on all-expense tours to Hawaii has also been sent.

Here and There

Next year (1934) will be the 300th anniversary of the first Oberammergau Passion Play commemorated by a special series of performances and augmented by an interesting history play depicting the great events of the Thirty Years' War. It was this war that led to the famous vow of the people of Oberammergau to re-enact the Passion of the Christ every ten years. Remember 1934 and the Passion Play; plan to include it in your European itinerary for next year.

★ ★

The fall colorings of trees and shrubs add to the delight of a trip to our national parks this time of year. Sequoia National Park is particularly lovely in the fall. Among the other parks that are open the year around is Yosemite of well-known beauty and grandeur; the Grand Canyon (south rim); the Carlsbad Caverns, some of the largest under-

Dining Saloon aboard S.S. Mariposa

The talk of the travel world! .. "Mariposa", "Monterey" and "Lurline", great, new American ships. (A new school of thought in marine luxury and comfort.) *Youthful* Hawaii —jewel of the Pacific. The combination that is making travel take on new life.

There's something about this voyage difficult to put into words—like the sparkle of champagne and the glow it sends through you.

You'll discover it even in such prosaic guise as food. A cuisine that pampers the palate (and creates new honors for chefs) presented by a staff so skilled, so numerous, five hundred may be served as easily as five.

A fine perfection of knowing-how-to-please, you'll find all about you, holding good living in the palm of its hand, *multiplying* pleasures by pleasures, making days seem like hours you wish could be weeks.

If "attitudes" and "platitudes" weary; if you're interested in new ways of living, playing and resting; if you appreciate pastel skies, tropic sunshine and an island-garden of flowers girdled with satin-smooth waves; —then follow summer to Hawaii, where a year is "twelve times May". At a cost that won't make you budget-conscious.

If time matters, remember Matson-Oceanic ships have quickened transit from California to Hawaii, so that within a three-weeks' trip you may conjure from the calendar *twelve full days in Hawaii.*

South Seas

NEW ZEALAND · AUSTRALIA

via Hawaii, Samoa and Fiji

Travel cultivated-to-its-zenith by the distinguished "Mariposa" and "Monterey". A voyage that matches the gleam of South Seas coral lagoons ... tops the fascination of the mystic Southern Cross. New, unsurpassed speed, service and luxury to new frontiers. New Zealand barely 15 days away, Australia a brief 18 days. *Low* fares and All-expense tours make dollars work like dervishes.

Doesn't imagination argue plausibly? Then why not resolve to discuss a South Seas voyage with your travel agent or our offices.

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4 *New Sea Marvels* **SANTA ELENA • SANTA PAULA SANTA LUCIA • SANTA ROSA**

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Sunset Travel Service

(Continued from page 7)

ground caverns in the world where geologists have traced deposits as far back as the Permian period some 200 million years ago; and Mt. Rainier National Park, a few hours' run from Portland or Seattle, and one of the beauty spots of the Northwest. Booklets are available on these various parks for a three-cent stamp.

★ ★

Another Mediterranean Cruise of unusual and diversified itinerary will sail from New York February 8, 1934, for Mediterranean ports, Palestine and Egypt. The cruise will take 58 days of smooth sailing in the sunny south, on a large comfortable liner. The all-inclusive tour price is $295 and up for tourist class; and $595 and up for first class. Write for additional details.

★ ★

The new three-miles-a-minute planes recently put into the trans-continental service have now been put into the Pacific Coast service also, offering a fast and frequent schedule up and down the West Coast. The trip is made between Los Angeles and San Francisco in 2 hours and 10 minutes; between San Francisco and Portland, 4 hours and 40 minutes; Portland and Seattle, 1 hour and 8 minutes. Write for a schedule and rates.

★ ★

The temperature in the Canal Zone region varies only a few degrees the year around. For the finishing touch on the summer coat of tan we could recommend nothing better than a short trip to Panama. There are any number of steamship services down that way, depending upon the time one has to spend. The round trip may be made in as little as 17 days from Los Angeles and 19 days from San Francisco; or a leisurely trip may be made in three weeks round trip. Rates vary from $135 round trip and up; and from $160 round trip all-inclusive, and up. Write for additional information.

Game Fishing

WHILE striped bass are almost exclusively California fish and not found in the other Western states, it seems to me that with so many tourists visiting California a few words should be said about this fine game fish.

Striped bass may be taken in all of the sloughs, rivers and bays of Central California, and at the ocean beaches as well. These fish are limited to the territory in the San Francisco Bay area, the lower Sacramento Valley, upper San Joaquin Valley and along the beaches from the southern part of Monterey Bay to the Russian River, which is about 70 miles north of San Francisco.

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for angling, and the fish run from the little fellows of two or three pounds up to 50 pounds or more. The best spots are in the lower parts of the Sacramento and San Joaquin Rivers and tributary sloughs in the vicinity of Martinez, Antioch, Rio Vista, Vallejo, Napa, in San Francisco Bay near Greenbrae and San Rafael, and at the beaches near San Francisco. When a "run" is on at the beaches there are hundreds of surf casters out every day. Striped bass up to 50 pounds in weight have been taken from the beaches in San Francisco and from the piers as well, and fish running from 15 to 30 pounds are quite common when the big fish are feeding close to shore.

Visitors to Central California who wish to try striped bass fishing can get local information as to where bass are biting at any of the sporting goods stores and bait shops.—J. P. Cuenin.

ARE you planning a trip? Is it a week-end jaunt or a tour around the world? Whatever your plans, just drop us a line for information! Your letter will receive a personal reply. Be sure to enclose postage or a stamped, self-addressed envelope for our reply. —Travel Editor.

Rambles in Europe

With Jane C. Higbie

War—and a Wedding Veil

"AND now to Brussels," said my friend one summer morning. "There I shall buy my wedding veil. I can hardly wait to see it."

We had marvelled at the rich treasure house of Antwerp's art galleries, and at the quaintness of the city. We had strolled through her parks, eating hot fried potatoes from a paper sack, and an endless variety of delicious pickles, both bought at street stands just as we buy peanuts at home.

Shortly we were in Brussels—a small city, but one of Europe's most interesting capitals. It is often called the "Paris of the Netherlands" because of its music and social gayety; and it is the lace-center of the world. The veil was purchased in one of those fascinating shops displaying priceless examples of an ancient art, as beautiful as any possible product of a painter's brush, and dear to the heart of all women.

Returning from a visit to the Edith Cavel monument, this martyr's history reminded us that Brussels had been the center of the war area of the "black days" of 1917-18, when the names of Liege, Louvain, Lille, were upon the printed pages of the world.

Before a sidewalk cafe we were accosted by a sturdy lad who offered his services as guide. No guide for us, but

. . . See Manila in style from a native taxi—the "Caratella."

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learning that his sister was a fine lace-maker, we went to visit her in a dark stone house nearby. For twenty years she had lived and made a home for the young brother and sister by the industry of her needle, and her sad eyes told a story which I later learned.

On the eve of her marriage came the invasion of Liege by the Germans. Her young lover was killed, and her parents perished in the ruins of their shattered home. The young girl fled with the baby sister into even greater danger—that of capture and abuse such as we, safe in our own homes, can not imagine.

Now the dark head, prematurely silvered, bent above the frame of her lace-making, as she wove for me a priceless wedding veil, which would adorn the head of a young friend in America. Into each dainty dot and graceful scroll she stitched the pattern of her own young dreams, with here and there a fervent prayer that the young bride who wore it might live out the years of happiness she had been so cruelly denied.

And today, when the lovely bride swept down the long church aisle, her hand within the keeping of her young husband's arm, I seemed to see in the radiance of her dark eyes the beauty of a Belgian woman's soul.

To those who may cherish the beauty of the lace in future years, it will be only a precious heirloom. But to me, the thought of it will ever revive memories of lovely laces, in even the poorest cottages about that war-torn country. Mental pictures of stately Brussels are mine—of the aristocracy of the upper town; of tradition built into beautiful Gothic arches and dark stone facades of fine buildings. Brussels—city of dignity and strength, capital of a small kingdom ruled by wise and well-loved sovereigns—stands forth, not only as the lace city, but as one of the most interesting of all the cities of the world.

Demonstrated This Month in
SUNSET HOME INSTITUTE

Every Monday is Sunset Day at The Emporium, in San Francisco. You and your friends are cordially invited to attend. Here is the program for October.

Oct. 2—Sunset Consultation Day in Charm House
Lou Richardson, Hostess

Oct. 9—Sunset Home Decorating Demonstration
by Edgar Harrison Wileman
(See page 17)

Oct. 16—Garden Day in Charm House
Marie Olsson, Hostess

Oct. 23—Sunset Garden Demonstrations
(See pages 15 and 19)

Oct. 30—Travel Day in Charm House
Helga Iversen, Hostess

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THIS is a new adventure for us, friends—attempting to sell things outside of our own city of San Francisco, where we are known. But in this superb International Sterling silverware we have an offering so unusual and so appealing in value as to convince us that readers of "Sunset" all along the Pacific Coast will be prompt to respond, just as the folks here at home have done in buying more than eight thousand dollars' worth in two months.

By virtue of a very large purchase of this silverware in April, when silver was at the lowest point in history, we were able to obtain exclusive control of this pattern for San Francisco. This control, in turn, eliminated the necessity of price restrictions imposed by the manufacturer when several jewelers handle the same merchandise.

These two advantages—a very large quantity at a record low price, plus the permission to sell for as little as we like, enable us to present a value we believe to be unapproached in our field of competition and therefore justifying this far-flung advertising.

We hope you appreciate the remarkable value. For example, this *solid* silver in a forty-piece set costs you just $5 more than the same pieces in *plated* ware of the best grade. Further, the cost of these forty pieces in any comparable pattern of sterling silver—comparable from the standpoint of weight, design and quality—would cost you $91. This is the finest value that has come to our knowledge and the last opportunity you are likely to have to buy at depression prices. The pattern is carried in open stock and a price list will be sent on request.

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Trials of a Sunset Gardener

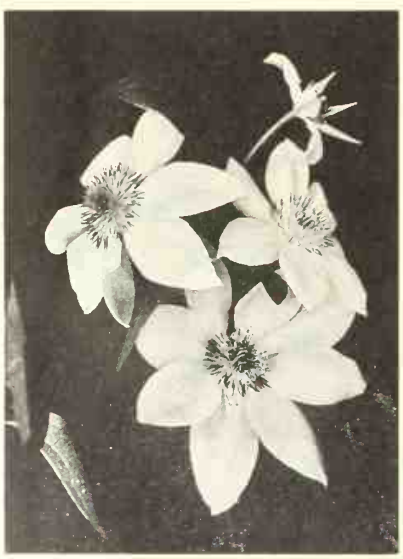
By Sydney B. Mitchell

My Recent PLANT HUNTING EXPEDITION *into the Northwest*

WHEN I was in England I met Kingdon Ward, one of those intrepid plant explorers whose adventurings into the wilds of northern India or Western China have added so much to English gardens and ultimately to our own. Such expeditions, financed by plant lovers who share in the seeds and plants obtained, are almost always made into wild and unknown regions, with disease and danger from nature and from the natives always present. The need of Pacific Coast gardeners for the new, and therefore interesting, should soon develop here the desire for such expeditions to collect for us in Mexico, Chile, South Africa, Australia, and other countries with climates not unlike our own, plants which should enrich our gardens.

But my recent plant hunting expedition involved no boats to push up rapid rivers, no bearers to carry our food and equipment over great mountain ranges, no alliances with native chiefs to insure protection from danger or death. For us the family Ford took the place of canoes, pack animals and bearers, food and shelter was abundant and, what was even more important, good and cheap all the way to Vancouver and return, and we needed no protection against the natives of Oregon, Washington or even British Columbia. Even to a Californian they seemed singularly civilized; I felt so safe I even took my wife along.

What did we gain by such a trip? We learned of a number of plants, not necessarily new to gardens but outside our previous experience, some quite worthy of trial in our own garden, some unfortunately, unlikely to be happy there. We learned what is particularly desirable for self-sufficient Californians, that in spite of—one might almost say because of—our justly celebrated California sunshine, the northern Pacific Coast gardener can beat us at growing herbaceous peonies, perennial lupines, lilacs, rhododendrons, and rock plants; he can do it easily, as we used to say when I was a boy, with one hand tied behind his back. But perhaps more important and certainly more pleasurable, was meeting old and new garden friends, exchanging experiences and plants, and noting again what awfully nice people are all real gardeners.



Clematis henryi, one of the newer varieties of clematis family. Flower photographs by J. Horace McFarland

The Lilacs of the Siskiyous

We took the level road through the Sacramento Valley, past gardened ranch houses set in the midst of pear and cherry orchards. Not until we were in the Siskiyous, however, did we begin to get that continuous excitement and interest in everything along the roadside which every small boy gets looking out of a street car window but which all too soon deserts grownups, leaving them with the mere desire to get somewhere. Ceanothus, the wild lilac, larkspurs, the lovely native *Silene hookeri*, in soft pink, and for the first time the dwarf pale yellow Oregon *Iris gormanni* were strung along our road. But it was when returning right along the coast from Portland through Newport, Florence, Bandon and Gold Beach to Crescent City and from there home by the Redwood Highway that the wild flowers proved a continual menace to a driver whose eyes ought to be on the road. Next time we drive north in early summer we are going to follow the coast right to Astoria, ferry across the Columbia, and continue on through Washington and the Olympic peninsula to Port Angeles at its tip, and then across the strait by the boat to Victoria, that haven of gardeners.

Through southern coastal Oregon and California the native *Azalea occidentale*

On a garden tour of the Northwest one is always thrilled by the native lilies. This photograph shows how they grow—great fields of them—in British Columbia

was the feature, great patches, sometimes fields of cream and salmon pink, a shrub which all who have a chance to grow it should try. It quite apparently loves fog and cool summers, and peaty soil, and water as well. *Rhododendron californicum* is less exacting, though this tall Rose Bay is itself attractive. The native irises were second only to the azaleas in mass and color. After a night at Gold Beach we awoke to find opposite our cabin a field of *Iris tenax* in which many shades of cream, lavender and purple could be found—but in June it is a waste of time to move plants. My own experience with our native irises is that they are best raised from seed sown in fall and transplanted a year later to where they are to remain; the old plants simply hate being moved.

In Southern Oregon

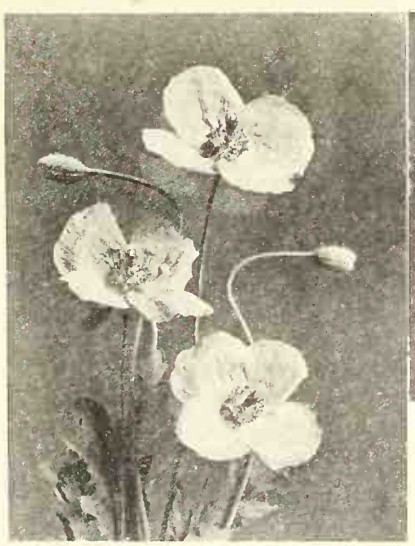
Then there was *Lupinus polyphyllus*, the hardy herbaceous species which, after an English education and breeding, has taken many gardeners by storm. It shows by its flourishing in ditches and its preference for the coast and the north where rainfall is more abundant, why it is less successful in our drier, hotter gardens. I have a few plants in a cool, damp, half shady place, but as its season here is short and all too soon the seed pods predominate, I hesitate to advise Californians with small gardens to give it place. The native dicentras or bleeding hearts, columbines, erigerons, blue pentstemons, brodiaeas, *Silene californica* and, as we got south, a variety of California annuals, especially lupines, and godetias, gave color to our way.

Coming to garden plants, it is not an accident that I start with shrubs in my comments on things seen, for to the gardener of mature years and experience their relative permanence appeals, and he is not so impatient of immediate results as when younger. (My own gardening history began with the raising of radishes, which had the merit then over all other growing things of being edible within six weeks of sowing, a consideration when you are only eight.) Colder, wetter climates are restricted in the variety of broadleaved evergreens but compensated in that the finest family, the rhododendrons, prefers such conditions; but even though in California their extensive use is likely to be limited to cool, foggy sections, it is worth while for the rock gardener to note the coming of many new dwarf species suitable for this particular phase of gardening.

Among deciduous shrubs, the lilacs are noticeably happier in the Northwest than further south. Trials in growing these in the Berkeley hills for several seasons and the use of others' experience indicate that climatically lilacs seem to like cold winters and warm summers, to enjoy a rich soil and an occasional mulch of manure in winter and some lime dug in around each shrub in autumn, to be washed in by the first rains. I find considerable corroboration of my preference for plants on their own roots in spite of their tendency to sucker and the undoubted ability of those grafted on privet to flower when younger. Thinning out the growths to keep only a number of good, strong blooming branches and pruning these back after flowering to a joint from which the new flowering wood will come seem to be points of cultural consideration anywhere.

Brooms and the Beauty Bush

With my dry hillside in mind the sight of the first large plants of the series of hybrid brooms ultimately derived from the crossing of *Cytisus andreanus* and



Above: Kolkwitzia amabilis (Beauty Bush) a beautiful flowering shrub growing six feet or more, covered with a shower of pink blossoms in early spring. At left, Meconopsis baileyi, the much-talked-of blue poppy

★

Portland is famous for its terraces and rock gardens. To emphasize this fact we have selected this photograph taken in the garden of Frank L. McGuire of that city. Photograph by Angelus Commercial Studio

C. multiflorus (*albus*) was thoroughly thrilling. In Vancouver gardens I saw fine clumps of the blood red and orange *C. fulgens*, of the almost clear red Dorothy Walpole, the buff and rosy Lord Lambourne, and smaller ones of certain newer hybrids in apricot and pink. Of my own trials of these brooms I may have more to say later, but there is no doubt of their garden effectiveness or of their adaptability to drought in summer and to soil inadequate for more exacting things.

It is perhaps doubtful if another comparative newcomer among shrubs, the deciduous *Kolkwitzia amabilis*, frequently called the Beauty Bush, will be very happy in the south unless it is given half shade by an eastern or northern exposure and an occasional soaking in summer. Certainly it is worth that and more trouble because, always a quite pleasant looking shrub, when its long branches are pendent with myriads of lovely salmon-pink, yellow-throated flowers it is a sight to wait for, which as it happens is just what you have to do, for it has to be well established, generally for three or four years, before it blooms. So the kind of gardener who likes to move plants around as much as some wives want to rearrange the living room furniture had better leave it alone or grow its relative *Abelia schumannii*, which, if less showy, is a little similar to it and has the merit of flowering the year after being planted. In one Seattle garden I saw a very nice escallonia with more slender and graceful growth than the kinds commonly grown here and with apple-blossom colored flowers. Though this was the variety sent out by the government without name for trial, it has since been identified as Donard Seedling.

Philadelphus virginal and *Boule d'argent*, two of the French hybrid syringas or mock oranges, were quite evidently valuable for those who grow deciduous shrubs. Wistarias in shrub form, astilbes, so effective in moist gardens in midsummer, and the large hybrid clematis all caused me to break the tenth commandment. Of the latter, the huge white Henryi, the lovely lavender Ramona and the very French looking Nellie Moser, light mauve with bright reddish bars, particularly made me regret that I didn't have a lot of posts or a pergola where I could give them what they like, a shaded place for their roots and enough summer moisture. They are always best on their own roots, though often the plants offered are grafted.

In Seattle Rock Gardens

In a friend's garden in Seattle I found *Daphne cneorum* overcrowding other things in the rock garden, believe it or not. It quite evidently prefers that city to Berkeley, though I have successfully grown and flowered it annually above a rock wall, facing east, in a pocket of peat and rather ordinary soil, and with little summer watering, of which it would prefer to get more! Helianthemums (sun roses) are perhaps better than in warmer, drier gardens, but they should be more used in rock gardens all along the Pacific Coast. In one of the parks at Seattle I saw a terra-cotta or orange red which was absolutely stunning, and at Vancouver a white, a yellow, and a red, which just must move into my garden. Californians have the advantage in that the lovely lavender trailer, *Convolvulus mauritanicus*, is perfectly hardy here, but where it is not so it may be grown as a bedding plant and set out in summer, as I saw it in a Puget Sound park.

Iris, Poppies and Peonies

In mid June the three great garden flowers in the Pacific northwest are the bearded iris, the perennial poppy and the peony. As they all do best with early fall planting, I shall conclude this account of my expedition with some comments on them, reserving what I have to say about rock gardens for another time. In Southern Oregon I saw more outmoded irises than I thought existed. Around Portland and Seattle it was very different, for progressive amateurs and professionals had brought in fine novelties. In one nursery I had the pleasure of seeing some of my own children, Elegante, Rubeo, Alta California and Santa Clara, behaving well away from home, a matter of pride and concern to me, as any parent will quickly recognize. There, too, for the first time I saw Persia, raised by my friend Dr. Ayres, Desert Dawn and Gilead from Colorado, and the cinnamon pink and rose blend, Mary Geddes, all destined, I hope, to get to my garden.

But as my interest was more in plants less grown in California, the prevalence of *Papaver orientale* and its effectiveness as a garden plant loom more important. Certainly the huge common orange red Oriental poppies are hard to use in a small garden, as you just can't avoid their color. But, though many gardeners don't seem to know it, other colors have been developed and there are now fine tall, clean crimsons, such as Lulu Neeley and Mrs. William Borsch, bright, clear rose pinks like Wunderkind (unfortunately renamed Enchantress in England and Canada), and Mrs. Stobart; pale shrimp pinks like Mrs. Perry, Princess

(*Continued on page 33*

The Easy Way to Improve Garden Soil

By H. O. Ketner
Western Soil Specialist

Plain Dirt Facts for Sunset Home Gardeners Who Are Struggling With Adobe, Hard Pan, Alkali or Desert Sand. Unless You are Blessed With the Perfect Garden Soil You Need to Read What This Western Soils Expert Has to Say About Improving Garden Soils the Easy Way

WHAT kind of soil do you have in your Sunset garden? Are you laboring with adobe or clay? Are you trying to induce loose sand to hold fertility? Or are you one of the fortunate few whose hoe sinks deeply into a rich garden loam?

If you have adobe or clay or sand you can change its nature quickly. If you have a loose, moisture-holding loam it is because Nature or some far-sighted person has filled your soil with humus. Green lawns, healthy trees, beautiful flowers or crisp vegetables will be found only on good soil.

Let's look at this soil question! What makes soil good or bad? What was that ideal condition commonly ascribed to virgin soil? Or what is the jinx that hovers over poor soil and turns all our best efforts haywire?

Ordinarily there are only three conditions of soil that need have special attention.

1. A strongly acid or alkaline condition.
2. A shortage of one or more of the chemical elements which are absolutely essential to plant life.
3. An impoverished physical condition.

If you are troubled with none of these your soil must be good.

The great difficulty among most workers with soil is that only one, or at most two, of these conditions receives attention. The condition which is most important, if one essential may be said to be more so than another, is the one which is most often overlooked. I refer to a poor physical condition.

If sufficient moisture is present, and drainage and temperature are adequate, a proper physical condition depends on the presence of humus in sufficient quantity. Humus is decayed vegetable matter; but to control properly the physical condition of soil it should be at a reasonable stage of decay. If decay has gone too far, the humus becomes plastic and sticky, in which condition it is practically useless. For this reason the physical condition of soil should have constant attention by the addition of more vegetable matter.

Nature built soil by no other method than by adding vegetable matter to common dirt, and no other means of building good soil has been or will be discovered. If you have hard adobe or clay soil which has resisted your efforts to raise vegetables or flowers or a lawn, you have the basis of a beautiful loam which will support any plant life you may want to grow on it. In this case humus becomes the agent which holds the soil particles apart after it has been properly pulverized. Sufficient humus thoroughly incorporated with such soil will positively prevent it from getting hard again so long as the humus content is maintained.

If you are dealing with sand you may be equally optimistic. Moist sand will settle until it becomes as solid as dry clay. Dry sand is loose and workable but will not retain moisture or plant food. Some substance must be added which is absorptive enough to hold moisture and plant food and yet light enough to prevent moist sand from settling into a solid mass. Humus is the only substance which will do this. Sand and humus properly mixed will form soil of beautiful texture.

Humus is formed by the decomposition of any kind of vegetable matter. Any kind of humus will perform some service in the improvement of a bad physical condition of soil. But as there are many kinds of humus so there are many degrees of results obtained by its use. Cover crops plowed under decay and form humus which is very valuable as a soil improver. Leaf mold and peat

(*Continued on page 38*

Demonstrated this Month at
SUNSET HOME INSTITUTE

Boy Region gordeners are invited to heor Mr. Ketner go further into this importont subject of improving western gorden soils ot the Sunset Home Institute to be held Monday, Oct. 23 (2:30 p. m.) at the Roof Garden Auditorium, The Emporium, San Froncisco.—The Editors

We Furnish a Living Room in American Chippendale

By

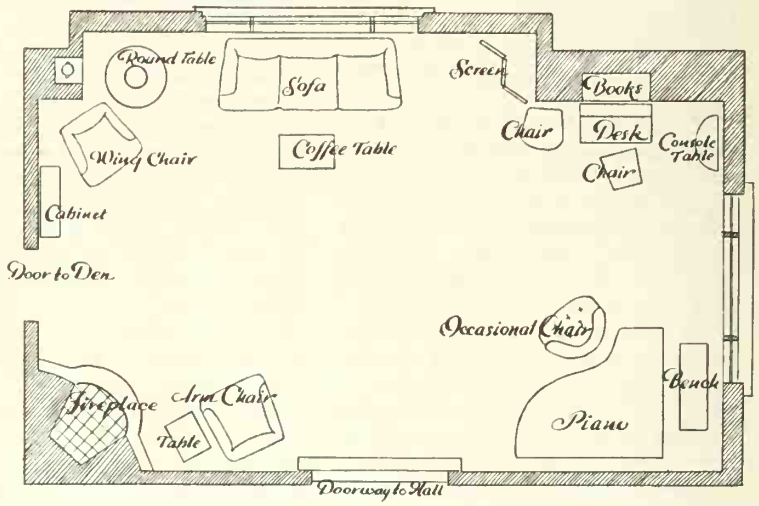
Edgar Harrison Wileman

Sunset's Interior Decorating Consultant

THERE seems to be a decided trend toward using almost any style of furniture in a home, irrespective of the type of architecture.

Many homes are of no particular style—just American. Others are typically this or that style on the outside; but no modern house is ever similar to the old ones inside. Modern life demands certain comforts that were unknown to previous generations, and this necessitates certain structural changes in architecture and interior appointments.

This is true also of home furnishing. Were we to use only the furniture and household equipment of the past, our homes would be in many cases inadequate according to our present standards. So, whether the style be English, Spanish, or French, we take what we wish of the past and add the rugs, draperies and utilities of today.



In the photograph above, the upper right hand corner of the floor plan is illustrated. Note the way the desk fits below the wall shelves

It is true that it may be more consistent to furnish a home in the style dictated by its architecture, yet many persons live in apartments or rented homes and, having their own furniture, make attractive rooms even with the handicap of unsuitable walls and woodwork.

The illustrations show a living room carried out in the American Chippendale style. This particular type of furniture has always been well liked by home lovers and is just now enjoying a well deserved popularity. It appeals to the connoisseur because of its fine proportions and exquisite design; it is liked by the average buyer because it is of medium size, neither too heavy nor too dainty; and men as well as women like it because comfortable English upholstered chairs are correct to use with it.

Smooth walls are always best for this style of furniture, for it is usually made of polished mahogany and would therefore be harmonious in texture. The "Charm House" walls, where these photographs were taken, are canvassed and finished in a warm beige color having an antique overglaze.

The floor is of random width oak planks, pegged, and stained dark. This is covered with a frieze broadloom rug of rich old gold color that leaves a margin of about two feet all around. Under it extends a felt pad that gives it a softer tread, and will add years of life to it. Small Oriental rugs are laid on top of the broadloom in front of the sofa and fireplace, their rich colorings giving additional life to the room and extending the color from draperies to floor.

At the windows, heavy tile color damask draperies hang from wooden poles and rings. They are made full enough to pull right across the window and are lined with a light colored fabric that harmonizes with the outside stucco of the house. The casement cloth curtains are also made to draw across when desired.

The plan shows the placement of the furniture and emphasizes three principles of interior decoration that it would be well for you to observe in your own home furnishings.

First of all, the necessity for balance. Furniture must be so placed in any room that there is a feeling of repose. Note how the fireplace and its chair occupy one corner, the grand piano the other corner, while across the room the large sofa gives weight and character to that side. Secondly, there is a restful feeling in the room because that much violated principle of line following structure has here been carefully carried out. Rugs are laid straight with walls; long straight lines of furniture—sofa, desk and piano—follow the structural lines of the room as they should. The third thing to notice is that the furniture has been placed in groups. There is the corner grouping of chair, table and lamp. The window group of sofa, coffee table and cabinet; a writing table group with chair, lamp and books, and then the piano grouping as shown in the floor plan. You will note, when you visit Charm House, that the pictures, lamps and accessories form part of each group and give height, width and color, for much of the attractiveness of groupings depends on well-chosen accessories.

Taking the groups one by one we see, placed in the window recess, a very comfortable three-cushion sofa which has a carved mahogany base and is covered with a green, smooth-textured tapestry having a small allover design in which there is a slight rust coloring. In front of this sofa is a well proportioned carved mahogany coffee table with a removable glass tray. Between the sofa and the wing chair stands a Chippendale "pie-crust top" table with tripod legs and claw and ball feet, a splendid reproduction of an eighteenth century original. The lamp has an ivory china base and an ivory colored silk shade—a smart new note in table lamps and especially good in a room of this style. The comfortable wing chair is covered in copper-rose damask having a very small geometrical design.

The attractive corner that contains the desk seems to speak for itself; the small desk fits exactly under the built-in bookshelves while the desk chair, occasional chair and lamp are scaled to fit the group.

The corner between the entrance arch and the front windows takes a grand piano perfectly, the keyboard and long straight side exactly parallel to the walls of the room. This permits the curve to come out into the room and gives an opportunity to place here a chair or small table. The light from the window is on the keyboard during the day, while a floor lamp in the corner gives illumination at night.

The last group to be mentioned is the one that forms part of the fireplace. Here a chair that matches the sofa has been placed. It brings over to the other side of the room the texture and color of the sofa and so, again, helps to achieve the balanced feeling that a room should have, for restfulness.

Demonstrated This Month in
SUNSET HOME INSTITUTE

DURING the month of October the living room discussed here will be on display in the Model Home at Barker Bros., in Los Angeles; in Charm House at The Emporium, in San Francisco, and at the H. C. Capwell Co., in Oakland. In connection with these display rooms, Mr. Wileman, Sunset Interior Decorating Editor, will give three demonstration lectures—on Oct. 6 at 2:30 p. m. at Barker Bros.; on Oct. 9 at 2:30 p. m. at The Emporium, and on Oct. 10 at 2:30 p. m. at the H. C. Capwell Co. You and your friends are invited.—The Editors.

★

Note in both plan and photographs that the furniture has all been placed to form livable, enjoyable groups, not scattered about the room like so many disconsolate orphans! The sofa grouping occupies the space in front of the wide window facing the entrance doorway. Beyond the sofa is a pleasant grouping of comfortable wing chair flanked on one side by a cabinet (with picture well hung above it), and on the other by a Chippendale pie-crust table with lamp

★

A Pruning Guide

Carefully Pruned Notes

Demonstrated At SUNSET HOME INSTITUTE

TOO often pruning is not given the importance in the garden that it should have. This is especially true of the Pacific Coast, where atmospheric conditions and soil are generally conducive to rapid growth and pruning is very essential. Most gardeners have now been educated to the pruning of roses and fruit trees; but many do not realize, or perhaps they fail to remember, what a difference proper pruning will make in their ornamental shrubs, especially those bearing blossoms.

While the fundamentals are always the same, the methods of pruning deciduous and evergreen shrubs are quite different. The evergreens as a whole need little pruning, with the exception of thinning out and cutting back for shape and size. Prune to the natural shape of evergreens. Except when used as hedges, the evergreens are much more beautiful if pruned to natural shape. Prune evergreens only when necessary. The deciduous shrubs, especially those which blossom, require hard pruning annually. On grafted shrubs, whether deciduous or evergreen, always remove suckers below the graft.

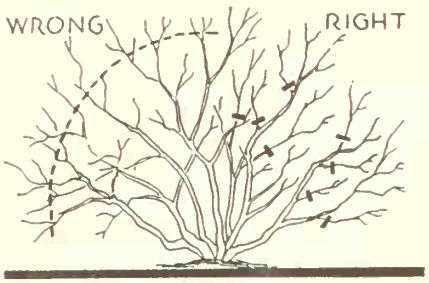
In pruning, the main objectives are: (1) To cut out all dead, diseased and injured wood; (2) to remove all crossing branches; (3) to cut out all weak and worn-out stems and branches; (4) to promote sturdier and healthier growth; (5) to improve the shape of the bush or modify its size; (6) to encourage either an abundance of bloom or larger flowers; (7) to promote the growth of the proper kind of flowering wood.

Objectives 1, 2, 3 and 4 may properly be grouped together. The first chore in pruning is to cut out all dead, diseased or injured wood. This may be called the fundamental in all pruning. Diseased or injured wood is likely to spread disease to the healthy growth of the plant. Crossing branches are removed to prevent rubbing, to allow more light and air to penetrate, and to prevent confusion of line in the structure of the bush. Thinning of weak, worn-out or crowded stems is also important for the same reasons, and will improve the health of the plant, the quality of the foliage, and often the abundance of bloom. Leggy branches should be cut back hard to older wood to promote stronger and healthier growth.

Objective 5. Shrubs often outgrow their positions or become unshapely and, therefore, must be pruned. While perhaps not so important to the rest of the Pacific Coast, the matter of pruning to shape and size is of the utmost importance to the greater part of California where growth is very rapid and there is rarely a shortage of flowering wood. In cutting to modify size, it is usually best to cut out some of the larger branches entirely—if that can be done without spoiling the contour of the bush. Cut out those branches which will most improve the size and shape.

Objective 7. Here we must all consider whether the blossom is formed on new wood or wood of the previous season's growth. Where flowering is on the new wood, as with the deutzia and Philadelphus, the principle is to cut out all or most of the old wood right down to the ground. Here one must of course use discretion. If the bush has made little new growth during the year and its form would be destroyed or the bush weakened by too drastic pruning, leave in some of the older wood, especially if there is new lateral growth from it.

Where flowering is on the previous year's growth, spur pruning is practiced—for example *Cydonia japonica* and the flowering apples. Cut back the laterals to within two to four buds of the branches,



Deciduous Shrubs

Unless otherwise noted prune after flowering or while dormant.

Azalea mollis—Remove suckers and dead flower heads.
Berberis (deciduous varieties)—Thin only.
Bouvardia—Cut down to ground in very early spring.
Calycantbus—Prune for shape only.
Caryopteris—Cut back heavily the year's growth.
Cercis (Red Bud)—Prune only to sbape.
Cornus (Dogwood)—Thin out if necessary and prune to keep in bounds. Red barked varieties grown for winter effect, cut down to within 1 to 2 inches of base about May.
Cydonia japonica—Remove suckers and prune laterals to short spurs.
Deutzia—Remove all old flowering wood.
Diervilla (Weigela)—Vigorous pruning of old wood.
Euonymus (deciduous varieties)—Thin out wood if too thick and sborten straggly growth. Prune berried varieties after fruiting only.
Exochorda grandiflora—Remove old flowering wood.
Forsythia—Prune laterals to 2 to 4 buds, after flowering only.
Fucbsia—If branches were killed by frost in winter, cut back to living wood or to ground after danger of frost is over. In mild localities and when used against walls, cut back laterals to 2 to 3 buds in early spring.
Hibiscus—Thin out old wood.
Hydrangea—Cut back season's growth to 2 to 3 buds and thin. After flowering considered best time.
Jasminum fruticans—Very little pruning.
Kerria—Remove old wood to ground.
Kolkwitzia amabilis (Beauty Bush)—Suggest vigorous pruning of old wood.
Lippia citriodora—Prune to shape; gets very straggly.
Lonicera (bush varieties)—Remove old wood.
Magnolia (deciduous varieties)—Some of smaller varieties really in shrub class. No pruning.
Paeonia moutan (Tree Peony)—No pruning except removal of old flower heads. Remove suckers from grafted varieties.
Philadelpbus (Mock Orange)—Vigorous pruning of old wood to ground.
Ribes (Currants)—Remove old wood.
Spiraea—Cut out all old wood. Variety Antbony Waterer can be cut to ground when dormant if pink foliage is desired in spring.
Symphoricarpus (Snowberry)—Most attractive if cut to ground after fruiting.
Syringa (Lilac)—Remove flower heads and suckers. Thin young shoots if twiggy. English autborities recommend that old plants which bave become too tall and leggy be cut to within 3 feet of ground in spring before flowering. This will sacrifice a season's bloom.
Viburnum (deciduous varieties)—To shape only.

Evergreen Shrubs

Unless otherwise noted prune in spring.

Abelia—Very little pruning; thin if necessary.
Arbutus unedo (Strawberry Tree)—Tbin out dead wood. Leggy stems can be cut back bard to force busbier growth.
Aucuba japonica—Little pruning unless straggly when will stand cutting of stems to 2 to 3 feet of ground to force new growtb.
Azalea indica—Remove old flower heads and suckers, especially on grafted busbes.
Azara microphylla—Little pruning. Leggy bushes can be cut back after flowering.
Berberis (evergreen varieties)—Thin if necessary by cutting old exhausted stems to ground. Best time to prune is winter.
Buddleia—Varieties *Globosa* and *Alternifolia* pruned only if straggly by shortening stems after flowering. Otber varieties cut back hard.
Buxus (Boxwood)—Natural shaped bushes best left unpruned. Keep dead wood thinned out for air to penetrate.
Camellia—Two methods. Prune only to shape or size or thin out and clear heavily.
Cassia—Prune only when too straggly by cutting back. Usually very early bloomer so delay pruning until after bloom.
Cestrum—Will stand hard pruning.
Choisya ternata—Thin out twiggy stems to help control mealy bug, and prune for size when necessary.

for Sunset Gardeners

Prepared By Clara M. Schaeffer

This Month

Bay Region gardeners can see an actual pruning demonstration by attending the Sunset Home Institute at The Emporium in San Francisco, Oct. 23 at 2:30 P. M.

as the flowers are formed on these short spurs. There is usually considerable sucker growth about the base of this type of shrub and it must be removed.

Profusion of bloom rather than size of bloom, is the aim with ornamental shrubs. If the size is the objective, however, the method of selectivity is followed—selecting the strongest and healthiest flowering wood and discarding the rest.

When you cut or saw a branch make a clean cut and not a ragged one. It is often a good plan in sawing a larger branch to make a cut through the bark below the branch so that its weight does not break and tear away the bark when the branch is sawed almost through. Cut or saw close to a branch so that nature can heal over the wound. Also cut quite close to a bud in cutting back so that there will be no stubs left to die back and become unsightly. (*In referring to buds in this article, leaf and stem buds are meant and not flower buds.*) In cutting above a bud, cut on a slant towards the bud. This will prevent the decay often caused by moisture penetrating into the stem and bud, and it also makes a better line.

Don't cut back to an inside bud. (See sketch on page 39.) Cutting back forces the incipient stem growth at the cutting point. If you cut back to an inside bud, therefore, you will have a stem growing toward the center of the bush and crossing with other branches. Cut to a bud which is best placed to force new growth in the direction in which you wish it to grow. This is one of the secrets of successful pruning. Never let branches become crowded in the center of the shrub but try to keep the center open enough for light and air to penetrate. In pruning, careful thought is very necessary. Decide how you are going to prune a shrub before picking up your tools.

You can do much toward the pruning of your shrubs when cutting blossoms or berries for home bouquets. Cut carefully, with long stems, having always in mind the natural shape of the bush, its size and the other points I have brought out.

Deciduous shrubs should be pruned regularly once a year when the plants are dormant. Many authorities, however, consider that the best time to prune the flowering deciduous shrubs is as soon after flowering as possible. This leaves a long season for the growth of new flowering wood. Where there are mild winters and very rapid growth, the pruning can safely be left until late fall or winter so there will not be the danger of excessive growth and possibly bloom out of season. The disadvantage of pruning flowering deciduous shrubs while dormant is that it is often hard to distinguish the new from the old wood at this time. Usually the new wood has a brighter color than the old with more brown or red in it, while the old wood is grayer and has a rougher bark.

Evergreens. The conifers require only to be thinned or cut back for size or shape and this is rarely necessary. If it must be done, however, the best time is during the summer months when the bushes are at their most dormant period. With the broad-leaved flowering evergreens the methods of pruning are not so systematic as with the deciduous flowering shrubs. The usual time is spring. If the climate is severe do not prune until hard weather is over. If the shrub is one which flowers unusually early in spring, do not prune until the blooms have faded.

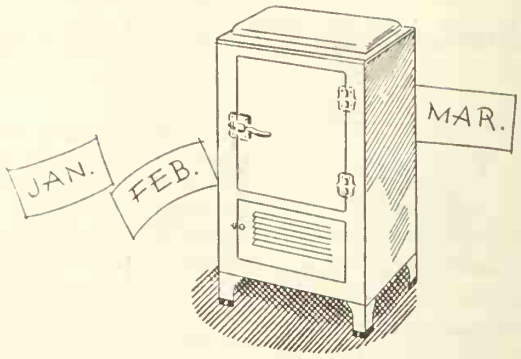
Where shrubs are grown for the berries, whether deciduous or evergreen, delay pruning until after berries have ripened, when much of the pruning can be done along with the picking of the fruit.

Evergreens (*Continued*)

Cistus (Rockrose)—Cut off old flowers and ends of shoots when plants are young, to form bushy shrubs. Older plants require very little pruning and resent being cut into hard old wood.
Coprosma—Prune for shape only.
Coronilla—Variety *Emerus* may be cut back hard. Variety *Glauca* requires very little pruning.
Cotoneaster—Usually little pruning required, especially if berries are cut.
Daphne—Prune very little. Ends of main shoots may be cut back if bush is too large. Don't cut laterals as these are the flower stems.
Diosma—Variety *Ericoides* may be pruned hard. Variety *Purpurea* (also known as *Agathosma villosa*) requires pruning only if too straggly.
Duranta plumieri (Golden Dew Drop)—After severe weather is over, cut back any wood injured by frost.
Elaeagnus—Little pruning. If bushes are straggly, shorten longest shoots.
Erica—Larger varieties may be cut back fairly hard at or after flowering time. Dwarf varieties are improved by removing old bloom after flowering.
Escallonia—May be cut back hard.
Euonymus (evergreen varieties)—Prune very little unless for hedge.
Fabiana imbricata—Cut back hard after flowering as apt to become straggly.
Genista (Broom)—When young cut back growing points several times during summer to encourage bushy habit. On older bushes shorten longer growths after flowering if necessary.
Iochroma—Prune quite hard after danger of frost is over. Quite tender.
Kalmia—Remove flower heads only.
Lantana—Will respond to hard pruning.
Lavandula (lavender)—Prune hard.
Leonotis leonurus (Lion's Tail)—Prune heavily to prevent getting straggly. Heavy pruning will cause later bloom.
Leptospermum—Will stand heavy pruning.
Ligustrum (Privet)—Prune hard in winter or spring.
Lonicera (Honeysuckle)—Usually cut hard, and old wood thinned if confused in line.
Mahonia (Hollygrape)—Pruning not usually necessary but may be cut hard.
Myrtus—Little pruning required.
Nandina domestica—Little pruning required.
Nerium (Oleander)—Often cut back hard every third year and old flowering wood removed every year after flowering.
Osmanthus fragrans (Sweet Olive)—Thin shoots when necessary.
Parkinsonia aculiata (Jerusalem Thorn)—Thin shoots when necessary.
Pernettya mucronata—Pruning rarely required and then only thinning.
Philadelphus mexicanus—Prune hard if you want form.
Phillyrea—Will stand hard pruning.
Photinia—Shorten long shoots if straggly.
Pimelea ferruginea—Prune only to shape.
Pittosporum—Prune for shape and size.
Polygala—Little pruning required.
Prunus (evergreen varieties)—Thin out when growth is heavy, and prune to shape.
Psidium cattleianum (Strawberry Guava)—Usually requires little pruning.
Pyracantha—May he pruned heavily in cutting berries.
Raphiolepis (Hawthorn)—Prune very little.
Rhamnus (Buckthorn)—Will stand hard pruning.
Rhododendron—On young plants points of shoots may be removed to encourage sturdy growth. If old bushes should become too large, cut back overgrown branches to old wood before flowering in spring. A season's bloom will be lost but better growth will he secured. General pruning: remove all faded flower heads to prevent development of seed pods and on grafted varieties remove suckers.
Rosmarianus officinalis—Prune to prevent hecoming too straggly.
Ruscus aculeatus (Butcher's Broom)—Prune very little.
Ruta graveolens (Rue)—Will stand hard pruning when necessary.
Salvia (shrub varieties)—Prune to prevent becoming too straggly.
Senecio grayii—Prune to shape only.
Solanum—Don't prune until after severe weather is over. Will stand heavy cutting back.
Spartium junceum (Spanish broom)—When young thin shoots can be cut back quite often to form bushy growth. Mature shrubs can be cut back quite heavily.
Teucrium (Germander)—Will stand heavy pruning
Veronica—Prune as needed to shape.
Viburnum (evergreen varieties)—Prune only when necessary little required.
Vitex—Pinch back ends of branches in spring.

What I Have Learned About

MY ELECTRIC REFRIGERATOR



By

Pauline K. Edwards

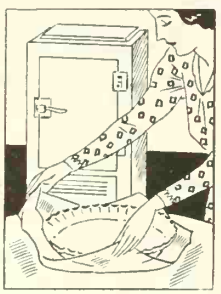
MY neighbors and friends have come to the conclusion that I have a "refrigerator complex" of the worst kind. In fact, several of them are threatening to have mechanical refrigerators of their own installed, so that I can't do all of the talking about my remarkable cookies, rolls, pie-dough, frozen desserts, and all the other fascinating recipes I am inspired to try because of my five-months-old electric refrigerator.

Like many of my friends, I formerly held to the point of view that refrigeration was merely a summer problem, particularly here in the West where the "cooler" is standard equipment in every kitchen. How far from true that is, is obvious when you consider that we have an average of 344 days during the year when natural temperatures are either too warm to prevent rapid growth of bacteria in foods, or too cold to forestall freezing. The cooler has its place as a useful supplement to the refrigerator, for storing certain foods that do not demand low temperatures; but as a substitute—well, anyone who has once lived with a refrigerator for even a short time will never willingly go back to depending solely on the fluctuating temperatures of a cooler.

Because I happen to be a thrifty soul, I can't bear to see left-over food go to waste, so into my automatic it goes and is stored for the next meal. But the question then is, how shall we disguise the inevitable left-overs in order to convince our families that we aren't serving the same meat, vegetable, or dessert that we had for last night's dinner?

Let's take a peep into our refrigerator and see what we have on hand, today. There are scraps of veal roast and mashed potatoes from Sunday. The meat we'll grind and mix with the potatoes for croquettes. Those bits of cheese can be grated over macaroni before baking, or sprinkled over vegetables in casserole. There's a saucer of cooked peas, another of cooked beets, a small stalk of celery in the vegetable container — each too small an amount to use in itself, but combined with French dressing and served on shredded lettuce they make a fine salad.

We have a jar of fruit juices, and a bowl of mixed fruit — peaches, apricots and pears. How shall we use these? Of course, they could be turned into a fruit salad, but let's be different, today. Why not make a refrigerator pie for tonight's dinner? I have a choice recipe which takes care of left-over fruit admirably. It calls for canned apricots, but we can substitute other canned fruits just as well.



Golden Apricot Meringue Pie

1½ cupfuls of canned, halved pricots
½ cupful of sugar
1 package of orange gelatine
2 cupfuls of hot apricot juice and water
¼ teaspoonful of salt
1 baked 9-inch pie shell, or 6 individual tart shells

Combine the apricots and sugar. Dissolve the orange gelatine in the hot water and apricot juice. Add salt. Pour over the apricots, stirring occasionally as the mixture cools; chill until slightly thickened, then turn into a cold pie shell, and chill until firm. Cover with Three-Minute Meringue and sprinkle with shredded cocoanut, if desired.

Three Minute Meringue

2 egg whites, unbeaten
½ cupful of sugar
Dash of salt
2 tablespoonfuls of water
Few drops of vanilla or almond extract

Put egg whites, sugar, salt and water in upper part of double boiler, and beat with a rotary egg beater until thoroughly mixed. Place over rapidly boiling water and beat 1 minute; then remove from fire, and continue beating two minutes longer, or until mixture will stand in peaks. Add flavoring, beat well, and spread over jellied fruit pies and tarts.

Here is one of my best-liked frozen salads. It is simple but very good.

Frozen Cottage Cheese Salad

1 quart of cottage cheese
1 cupful of chopped dates
1 cupful of chopped walnuts
½ cupful of chopped maraschino cherries

Mix above ingredients together thoroughly, and tint with enough maraschino cherry juice to lend a delicate pink color to the salad. Freeze in tray of automatic refrigerator until firm, then slice and serve on crisp lettuce, with fluffy mayonnaise or cooked salad dressing.

When there is sponge cake on hand, or any simple cake that is drying out, I make this simple frozen crumb cake dessert.

Frozen Crumb Cake

2 cupfuls of cake crumbs
1 cupful of whipping cream
¼ cupful of chopped walnuts

Whip the cream and combine with the cake crumbs. Add the nuts and pour into freezing tray of refrigerator. Freeze without stirring. Slice for serving.

Fruit can be added to the above recipe, either frozen with the cake, or chilled and served with the frozen cake. Maraschino cherries can be added also if desired.

What a problem this last-minute meal preparation is to many of us! Why can't we get organized and have everything come out just right—ready to go on the table at the proper

time, so that we can go to our dinner table and our guests unruffled and gracious? Like many of you, I've discovered that much can be prepared in advance and stored in my refrigerator.

I make enough pie dough at once so that I have sufficient on hand for two or three additional pies. This I wrap in patapar or waxed paper and cold-store for later use. You'll find that pie dough is more flaky and easier to handle if chilled before rolling, and chilled again for an hour after placing on the pans. If pastry becomes warm or oily before going into the oven it will be tough and hard rather than crisp and flaky when baked.

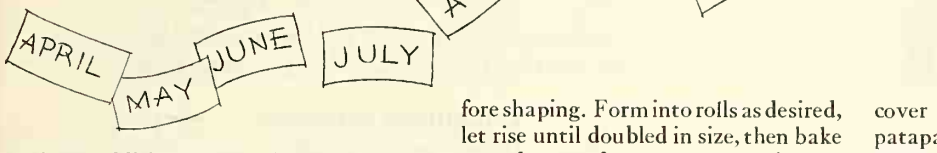
When I make cookies I usually mix several different batches at once, which is truly a time-saving trick. These I form into small rolls and wrap in patapar or waxed paper, and tuck away in the refrigerator to slice and bake as we need them. No additional flour is then needed before baking. If guests are expected for luncheon or dinner the following day, I often mix up a choice roll recipe, and store in my refrigerator twenty-four hours or more. My rolls are then ready to come out of the oven piping hot at serving time.

Among a repertoire of favorite recipes, I have a prized one for refrigerator rolls, also a choice cookie recipe, which I shall lend to you.

Refrigerator Rolls

1 cake of compressed yeast
¼ cupful of warm water
1 cupful milk, scalded and cooled to lukewarm
⅛ cupful of sugar
1 cupful of flour
⅛ cupful of melted butter
2 well beaten eggs
1 teaspoonful of salt
3 cupfuls of flour, or enough to make a dough that is easy to handle

Soften the yeast in the warm water. Add the cooled milk, the sugar, and 1 cupful of flour, beat well, and allow the sponge to stand until light. Now add the melted butter, beaten eggs, salt, and remaining flour, and knead until smooth. Let rise again until double in bulk, then punch down, place in a tightly covered jar, and store in the refrigerator until wanted for use. The secret of good rolls is to keep the dough in tightly covered jar, to prevent its crusting over the top, and to let it come to room temperature before shaping. Form into rolls as desired, let rise until doubled in size, then bake at 425 degrees from 15 to 20 minutes. If dough is kept longer than 24 hours, punch down once a day.

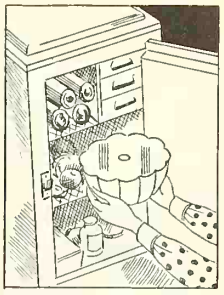


Spice Cookies

3¾ cupfuls of sifted cake flour
1 teaspoonful of salt
1 teaspoonful of soda
¾ teaspoonful of cinnamon
1½ teaspoonfuls of ginger
½ teaspoonful of cloves
⅔ cupful of butter or other shortening
1 cupful of brown sugar, firmly packed
2 eggs, well beaten
½ cupful of molasses

Sift flour once, measure, add salt, soda, and spices, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and molasses; then add flour. Chill dough in refrigerator until firm enough to roll, then roll ⅛ inch thick on slightly floured board. Cut with a 3-inch floured cutter, and bake on an oiled baking sheet in a hot oven (400 degrees F.) 8 minutes. Makes 4½ dozen cookies.

There are other recipes which I have also learned to prepare in advance. I often mix up my waffle or muffin batter for breakfast, the night before, and store in a covered jar until morning. When I have a busy week ahead and know that cake is on the menu for Wednesday—the day we entertain the Allens—I make up my cake batter, using a double acting baking powder since it is to stand for a time, pour it into the baking-pan, and cover tightly with a damp tea towel, patapar, or waxed paper. The puff paste which I use for fancy pastry, cheese straws and tarts, requires chilling before baking, and I very often let this remain in the refrigerator several days before I use it.



Not only have I found my refrigerator a good friend when it comes to preparing food for later use, but it also improves many dishes. A salad is always made more attractive if placed in the refrigerator before mixing or before serving. A cocktail or fruit cup is infinitely more appetizing chilled. Cooked custards and puddings poured into dessert dishes should be placed in the refrigerator for a time before taking to the table. A frosted beverage is certainly preferable on a hot day to a warm one. Butter and cream are unquestionably better cold than warm. Plates for unmolding gelatine salads and desserts require chilling to insure best results.

When first I acquired my automatic refrigerator I very seriously asked, "How should I place the different foods in the box? And should all food be covered?" I have found that there is no cut and dried place for each item, since temperatures in various parts of the box vary but slightly. However, since air chilled by the freezing unit travels downward and again works its way to the top of the refrigerator a few degrees warmer, it is generally advised that meats be placed directly under the freezing unit, the coldest portion of the refrigerator. Odorous foods are usually placed on the top shelf, opposite the freezing compartment, since the air circulation carries food odors to the top of the refrigerator.

Do we cover our foods before we store them? Meat and fowl should first be wrapped in patapar or waxed paper as this prevents their losing their natural moisture. Meat and berries should never be washed before chilling, since excess moisture hastens spoilage. When fowl is cleaned and washed it should be thoroughly dried with a clean cloth before storing. Butter and cooked foods (*Continued on page 27*)

Mark Your Calendar

RECIPES and good ideas contained in this article will be demonstrated at the *Sunset Home Institute*, at the Emporium, San Francisco, on the second Monday in November, when Miss Marjorie Black, well-known western Home Economist, will give an interesting demonstration on "Hot and Cold Cookery." Watch for further particulars in the November issue of *Sunset*.

Doughnuts Supreme
Crumble yeast cake into bowl
Add sugar, salt, milk and eggs
Beat in flour and melted butter
Let rise in warm place till double in bulk
Make prune filling while dough rises

The Kitchen

TRADEMARK REGISTERED.

These recipes are designed to be clipped and mounted on cards for your recipe file, or they may be pasted in your cooking scrap book

Doughnuts Supreme

(Illustrated on these pages)

THESE filled doughnuts are delicious and different, and extremely popular for teas and parties. They are particularly timely with Hallowe'en drawing near. The recipe requires:

1 cake of compressed yeast
6 tablespoonfuls of sugar
¾ teaspoonful of salt
1 cupful of milk, scalded and cooled to lukewarm
3 eggs, well beaten
½ cupful of melted butter
4 cupfuls of flour

For the filling:

½ pound of prunes
Grated rind of 2 lemons
Sugar to taste

Crumble the yeast cake into a large bowl, and add the sugar and salt, the lukewarm milk, the well-beaten eggs, and the melted butter. Add the flour, stirring and mixing until smooth. (You may like to use your hands for this process.) Cover with a cloth, and set in a warm place until double in bulk.

While the dough is rising make the prune filling as follows: Cook the prunes until tender (about 45 minutes) in water to cover. Soaking is unnecessary. Cool slightly and remove stones, then run prune pulp through food chopper or ricer. Add grated lemon rind and sugar to taste, and cook together, stirring, until sugar is dissolved. Set aside until needed.

When the dough is light, turn out on a lightly floured board and roll to form a rectangle ¼ inch thick. Cut in half; over one of the sheets of dough drop small spoonfuls of the prune filling, at 3-inch intervals. Spread the other sheet over the top, and cut with a 3-inch round cookie cutter, being sure that a dot of prune filling is in the center of each circle. Cover with a cloth, and let stand on a floured paper or cookie sheet until double in size, then fry in deep hot oil (360 to 370 degrees) until golden brown, turning once while frying. Drain on paper, then roll in a mixture of powdered sugar and cinnamon.—Mrs. E. C. F., Los Angeles, California.

SIMPLE HALLOWE'EN REFRESHMENTS

*Doughnuts Supreme
Apples Pears Grapes
Assorted Cheese
Cider Coffee

Dutch Beets

2 cupfuls of sliced or diced cooked or canned beets
2 tablespoonfuls of butter
1 tablespoonful of flour
1 cupful of boiling water
1 tablespoonful of sugar
¼ teaspoonful of salt
2 tablespoonfuls of vinegar
2 teaspoonfuls of minced onion
Dash of pepper

Have the beets ready before making the sauce. Melt the butter, add flour and blend well, then add the boiling water and cook, stirring constantly until smooth and clear. Add the other seasonings listed. Then add the beets and let heat together for 10 to 15 minutes, or longer. Our family finds this a delicious change from buttered and pickled beets. —H. P., Coquille, Oregon.

A POT ROAST DINNER

Tomato and Cucumber Salad
Pot Roast of Beef Rump
Hot Biscuits
*Dutch Beets Spinach
Apple Crisp
Coffee

Stuffed Pimientos

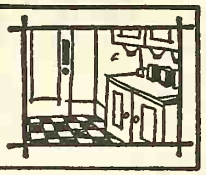
6 whole pimientos, canned Salt About 1 pound of sharp cheese, grated

Rub insides of pimientos with salt, then stuff full to the top with grated cheese. Press "lips" of pimiento together and run a toothpick through to hold the cheese in. Place on a buttered pan and put into the top of a very hot oven (475 degrees) just long enough to melt the cheese. Remove and place on lettuce leaves, and serve immediately.—Mrs. F. S. T., Davis, California.

A PARTY LUNCHEON

Fruit Cocktail
Molded Chicken Salad
*Stuffed Pimientos
Hot Rolls Jam Pickled Figs
Chocolate Wafer Ice-Box Pudding
Coffee

Cabinet ~



U. S. PATENT OFFICE

Will you share your favorite recipes with other Sunset readers? $1 is paid for every recipe published. Address The Kitchen Cabinet, Sunset Magazine, San Francisco

Chicken Loaf

4 or 5 pound fat hen
1 cupful of white bread crumbs
1 cupful of milk
1 cupful of chicken stock
Salt and pepper to taste
4 eggs, well beaten

AN EASY-TO-SERVE LUNCHEON

*Chicken Loaf with Mushroom Sauce
Hot Potato Chips
Cranberry Jelly
Pickles Olives Celery
Paradise Pudding Coffee

Have the hen disjointed; boil until the meat is very tender, falling away from the bone. When cool enough to handle, cut meat into small pieces, and add to it the bread crumbs, milk, stock, and seasonings to taste. (Celery salt is excellent to add.) Lastly stir in the beaten eggs, and pour into a buttered shallow pan. Place this pan in a larger pan of hot water, and bake in a moderate oven (350 degrees) for 45 minutes, or until firm when tested with a knife blade. Cut in squares, and serve with thin cream sauce, or plain or mushroom gravy made from the remainder of the chicken stock. This is delightful for serving at a party, for it is good, and it can be made ready for baking several hours in advance.—Mrs. L. C. S., Spokane, Washington.

Cauliflower with Tomato Sauce

A GOOD DINNER

Grapefruit and Pineapple Salad
Baked Veal Chops
Escalloped Potatoes
*Cauliflower with Tomato Sauce
Prune Pie Coffee

This is especially good when a really white cauliflower cannot be secured. While the cauliflower is cooking in the usual way (in plenty of boiling salted water, uncovered, until just tender when pierced with a fork), make a sauce as follows: heat half a can of tomato soup with ½ cupful of cream or rich milk. Thicken a little, with about 1 tablespoonful of flour mixed with cold milk. Add a little butter, and seasonings to taste. Place the drained cauliflower in a hot serving dish, pour the hot sauce over it, and serve at once.—Mrs. J. C. R., Manhattan Beach, California.

Dutch Dumplings

½ cupful of raw rice
6 large cabbage leaves
1 cupful of minced cooked ham or corned beef
1 pint of sauerkraut

A BAKED DINNER

*Dutch Dumplings
Escalloped Tomatoes
Bran Muffins Jam
Fruit Salad Coffee

Wash the rice thoroughly and let soak in hot water to cover until it has swelled and softened considerably. Pour boiling water over the cabbage leaves and let stand 10 minutes to make them pliable. Mix the soaked rice and the chopped meat together, and divide into six equal parts. Put one portion in the center of each cabbage leaf, and roll up like dumplings. Place in a covered baking dish, fill the spaces around the rolls with sauerkraut, cover, and bake in a slow to moderate oven (350 to 375 degrees) for an hour.—Mrs. G. A. D., Santa Ana, California.

Steamed Date Pudding

1 egg
½ cupful of sugar
1 cupful of sour cream
1 cupful of chopped, pitted dates
½ cupful of nuts
1 teaspoonful of vanilla
1 teaspoonful of cinnamon
¼ teaspoonful of nutmeg
2 teaspoonfuls of soda
1½ cupfuls of bread flour

SUNDAY DINNER

Celery Victor Pretzels
Roast Chicken with Stuffing
Riced Potatoes Gravy
Buttered Green Peas and Carrots
Rolls Loganberry Jelly
*Steamed Date Pudding with Hard Sauce
Coffee

Beat the egg, add sugar and cream, and mix well. Stir in the dates, nuts, and vanilla. Sift spices and soda with flour, and add, beating just enough to mix well; turn into an oiled pudding pan or into large baking powder cans, filling two-thirds full, and steam over boiling water for 2 hours. Serve hot with whipped cream, hard sauce, or other pudding sauce desired.—Mrs. W. B. T., Rosalia, Wash.

When light, roll dough to make a rectangle ~
Cut in half. Over one half of dough ~~
~~ dot prune filling at 3-inch intervals
Cover with other sheet, cut in circles, let rise till double in size.
Fry in deep, hot fat. Drain and serve with coffee. They're grand!! ~
Ruth Taylor White

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"Much Tasting and No Wasting"

By Bertha E. Shapleigh

WHY do we remember with pleasure some meals we have eaten, or some one dish in a restaurant or at home, and forget the others? Why does some cooking satisfy, some leave us with an unsatisfied feeling? The answer lies in one word: flavor, and all it implies. Just the right amount of seasoning added to one dish, or the real flavor in the food developed in another. The ability to discriminate in the use of seasonings and to develop flavors already present in food material, makes the difference between a really good cook, and one who just cooks.

"To be a good cook means much tasting and no wasting." I can hear some one say, "My cook never tastes the food she is preparing." In such a case I always feel quite sure her cook is one of the colored race, or if not, is a genius. But we are not all geniuses. Of course, many dishes have a stated and fixed amount of salt. Cereals need a level teaspoonful of salt for each cupful of cereal; for soup, a teaspoonful of salt is the correct amount to make one quart of the liquid palatable. But we must do more than make soups, sauces, and meats taste just palatable. One must taste many times before realizing that it is the very best one can do. Remember, "much tasting."

I firmly believe that taste can be developed by use, just as muscles are strengthened by exercise; and so I say, "Never serve a dish until you can not improve the taste of it."

Just a word about tasting. Placing a little on the end of the tongue tells you nothing except that the material is solid or liquid, hot or cold, hard or soft. The food to be tasted must pass over the tongue and palate and down the throat, and thought must be given to the impression made. A little more salt? Does it need an acid added, say a little lemon juice or vinegar? I learned long ago that a teaspoonful of sugar will make even a soup or a meat dish just right, and it has given me pleasure to hear several Oriental cooks verify this statement. Lemon juice calls out the flavor of all fruits, and a few grains of salt are an improvement to acid fruits.

What a boon to us the onion family is! Do I hear, "I don't like onion in anything"? Unless onion even in small quantities causes stomach distress, do not pay any attention to the remark. It is the "too much" onion or garlic which is unpleasant. Garlic suffers greatly from adverse criticism due to the over-amount used. Garlic should be added to a dish with a pianissimo touch. Unless a dish by its name implies onion, one should not be sure or even conscious that the flavor is present. As a seasoning, onion is best sauted or fried in a small amount of fat, just enough to take away the raw taste, before adding it to a liquid or sauce. The French understand this art of seasoning. Their cooking has such a delicious yet indescribable flavor always, causing one partaking of it to ask, "What makes this sauce taste so different? I cannot make out the flavor." That is the acme of good seasoning.

I recall a dish which has just a "suspicion" of cinnamon added to make it right, but you could not say positively that the flavor was cinnamon. Can one ever tell positively what is only a suspicion? Too many cooks go on the theory that if a little is good, more is better—a very damaging theory.

"No wasting" is the other half of our quoted definition of a good cook.

May I repeat what I have said in a previous article, that it is not the price of food material when purchased at the market which is so important, but rather what use is made of it in the home?

When vegetables and meat come from the market take care of them at once, making a mental calculation of what is to be done with every part. If bone or fat is to be trimmed from the meat, wash and put in a kettle with cold water and cook slowly, adding salt to draw out the juices. To this add any bits of vegetables, say a piece of onion, a stray carrot, a stalk of celery, all of which would ordinarily dry or mold and then be thrown away. Strain this stock, after two or three hours of cooking, and store in the refrigerator. It will be good to use for a soup or sauce.

Vegetables left from dinner, not enough to serve again as a vegetable, make delicious cream soups for luncheon the next day. A bone from the roast or steak added to the kettle of stock gives a fine flavor. Stock can be made from the bones and trimmings of fish; in this case cook but an hour. Strain, and use for a cream soup, or a sauce to accompany the fish. Halibut trimmings and bones make an excellent soup, adding green peas and diced carrot previously cooked. Always ask your butcher or fish man to send all bones and trimmings—but remember to cook at once.

When you receive it from the market, trim lettuce or any salad plant at once,

GLOBE "A1" KITCHEN CLUB

RUTH ADAMS, *Director* . FIRST RADIO MEETING, 9:30 TUESDAY, OCT. 3RD . DON LEE CHAIN

"My Family's Favorite Dinner includes . . .

Spaghetti-Fiesta"

(writes MRS. JOHN DOANE of Los Angeles)

". . . and this spaghetti dish really is a 'feast.' I use Globe "A1" Spaghetti because it cooks up so nicely, and of course I use Globe "A1" Complete Biscuit Flour for the apple cobbler as it makes such delicious flaky crust and saves time, too. Here is my recipe for Spaghetti-Fiesta."

½ package (6 ounces) Globe "A1" Spaghetti
1 pound small pork sausages
1 can tomato sauce 1 cup buttered crumbs

Cook the spaghetti in plenty of boiling, salted water for twenty minutes; drain it and reserve a part of the salted water. While spaghetti is cooking, brown the sausages in a frying pan, mix 1 cup of fairly dry bread crumbs with ¼ cup of melted butter, and heat the tomato sauce.

Place half the cooked spaghetti in a buttered baking dish, cover it with a layer of the sausages and pour over this half the tomato sauce. Spread remaining spaghetti over the sausages, pour on it the rest of the tomato sauce, then add enough of the reserved salted water to almost cover the spaghetti. Spread the buttered crumbs thickly over the top and place in a hot oven—400 deg.—for about 20 minutes, or until the crumbs are brown.

FAMILY DINNER

Stuffed Olives Celery
★ Spaghetti-Fiesta String Beans
Hearts of Lettuce with French Dressing
Hot Sesame Rolls Butter
Apple Cobbler
Tea or Coffee

Chili Waffles . . . *for a Buffet Supper*

(from Mrs. RAYMOND JONES, San Francisco)

1 cup Globe "A1" Pancake and Waffle Flour
1 egg 2 tbsp. Sesame Oil
⅔ cup water ¼ cup Chili Sauce

Beat the egg until light. Add Sesame Oil and beat until blended. Add chili sauce and water and mix well. Stir in waffle flour and beat until batter is smooth. Bake in hot waffle iron. This makes four big waffles. When I have a number of people in for this supper, I borrow one or two extra waffle irons and appoint two of my guests assistant chefs. Everyone has a good time and how those chiliwaffles disappear!

BUFFET SUPPER

Creamed Chicken on Hot Chili Waffles ★
Green Peas in Paper Cups
Pineapple and Cottage Cheese Salad, Mayonnaise Dressing
Ice Cream and Little Cakes
Coffee

Join our Globe "A1" Radio Kitchen Club

IT STARTS October 3rd! Meetings every Tuesday and Thursday morning from 9:30 to 9:45 over the Don Lee chain.

We'll all have lots of fun and you'll learn a lot of new tricks about the old trades of cooking and homemaking.

They say three heads are better than one so there are three of us to help you with your kitchen problems . . . Ruth Adams, Director (center), Winona Peterson (left), and Helen Farquhar (right), Assist. Directors.

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When you make those **DOUGHNUTS SUPREME** featured in the Sunset Kitchen Cabinet, be sure to fry them in Globe "A1" Sesame Oil if you want a delicate, digestible doughnut with a rich nut-like flavor! (Globe "A1" Sesame Oil is marvelous for salads, too!)

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☐ 14 Salad Dressing Recipes made with Globe "A1" Sesame Oil.

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NOW ON EVERY POST TOASTIES PACKAGE

Yes, you'll now find fascinating toys like these on every package of Post Toasties . . . the crisp, delicious cereal that children and grown-ups, too, just love to eat!

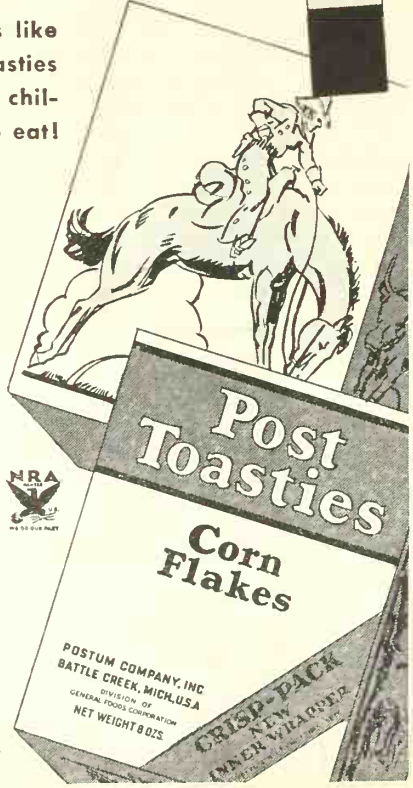
How children enjoy these clever Cut-Outs! . . . that keep them for hours at games like "Covered Wagon Days," "Pony Express," "Cowboys and Indians"!

That's one mighty fine reason for buying Post Toasties! For *only* Post Toasties gives you these Cut-Outs FREE! You'll find some on every package . . . Cowboys and a Lone Ranger on one; Indians and Tepees and Buffaloes on another; Traders, Pony Express, Covered Wagons on a third!

They're gorgeous fun! But even more important—children love this crisp, nourishing cereal that's so very *good* for them to eat! They love its tasty, golden flakes of goodness . . . flakes made from the tender young hearts of sweetest corn. And you grown-ups will surely agree—Post Toasties is the *grandest-tasting* cereal there is!

Order it tomorrow in the new Cut-Out packages that provide such fascinating fun for the youngsters. Serve Post Toasties plain with milk or cream—or garnished with your favorite fruit or berries. What a treat!

Post Toasties is a product of General Foods. You can get it at all grocers'.



discarding spoiled parts, and saving the larger outside leaves for soup or greens, and the hearts for salad. Wash and wrap in damp cheese-cloth or parchment or waxed paper, and keep in a cool place. Cut large lettuce leaves in ribbons and use for salad, or soup. Do not be afraid to mix left over vegetables, especially if one is a creamed vegetable; these make a cream soup having an unusual flavor.

Of course, the size of one's family determines just how much one can do in using small quantities of cooked or raw food material. No cook book can give an exact recipe for using food which you have left over. For instance, I happened to have today the water in which a very small head of cauliflower was cooked last night. In it are a few flowerets which fell off the head as I removed it to a dish to serve, and a small leftover piece, in all perhaps less than a cupful. I put this liquid and cauliflower and one sliced onion over the flame and let it boil for half an hour. Then I added salt and pepper to taste and a tablespoonful each of butter and flour rubbed together, cooked the mixture five minutes, stirring constantly, and then rubbed it through a sieve. I returned the saucepan to the heat, added ¼ cupful of cream, let it come to a boil, and strained it again—and two persons had a delicious cream of cauliflower soup for luncheon.

Do you ever look in your refrigerator and find a dish of some vegetable, one or two cold boiled potatoes, and an egg left from breakfast? Not enough in any one for use again alone. When I find such a miscellaneous assortment I make a salad or bowl of salad as follows:

1 cupful of bread dice cut from a slice or two left from a previous meal. These dice are fried in 2 tablespoonfuls of salad oil until a light brown
1 clove of garlic, sliced thin
1 onion, sliced thin
1 pickle, sweet or sour, sliced
2 or 3 olives, cut into small pieces
½ cupful of cold cooked peas or green string beans
Few flowerets of cauliflower
1 cold boiled potato, cut into cubes
1 hard cooked egg, sliced thin
1 tomato, peeled and cut into eighths
3 tablespoonfuls of salad oil
1 tablespoonful of vinegar (tarragon vinegar if possible)
1 teaspoonful of salt
½ teaspoonful of paprika
1 teaspoonful of sugar
A little black pepper
½ head of lettuce, cut into ribbons or strips

In a bowl put the garlic, onion, and bread dice. Add pickles, vegetables, olives, and seasonings. With a spoon and fork lightly toss the ingredients until every piece is coated with oil. (This is what the French mean when they say "fatigue" the salad.) Add vinegar and again thoroughly mix. In the salad bowl place the shredded lettuce, add the vegetables and serve.

For this salad, the combinations vary according to what one has left over to

use, but the bread will be found to be a pleasing addition.

Stale bread has ever so many uses. Before the pieces get too dry, soak in a mixture of egg and milk (one cupful of milk, two eggs), salt and sugar. Fry slowly in butter until a light brown on both sides, and serve with jelly or preserves. Or make into bread pudding, using the white inside for plain, and the darker pieces with chocolate. Dried bread crumbs should be kept on hand to use for crumbing foods for deep fat frying, or in scalloped dishes. Again remember to sort and dry *before* bread begins to mold.

Use every scrap of food. Season well, using a variety of seasonings for flavor. Follow the slogan, "Much tasting, and no wasting." Be a *good* cook!

About My Electric Refrigerator

(*Continued from page 21*)

are best stored in covered dishes. I used to be concerned about the defrosting process. With my new machine, all I need do is turn the indicator to the point so marked, and the machine takes care of the rest. When the frost is all melted away from the pipes, I empty the drain pan, turn the indicator to its original position and all is well.

One of the features of my automatic about which I wax most enthusiastic is the freezing compartment—responsible for those indispensable ice-cubes, frozen entrees, salads, and desserts. Most of us housewives specialize on frozen desserts, once we possess an electric refrigerator, and I do believe the question most often asked is: "How can I make my frozen desserts smooth and creamy?" Crystallization and separation of mixtures during freezing seem to give most difficulty, but these are simple problems which are easily solved.

A frequent cause of difficulty is that we use too much sugar and use it wrongly. When a recipe calls for granulated sugar the sugar should be made into a syrup or custard before the egg white or whipped cream is added. If uncooked sugar is required to be folded into whipped cream, confectioners' sugar should be used. Too much sugar means that an extremely low temperature is required for freezing the mixture, therefore a good recipe should be followed, and followed carefully, to insure best results. If canned fruit is substituted for fresh, allowance should be made for the sugar used in the canning.

When I add cream to a frozen recipe, I am careful not to whip it too stiff for this lends a grainy and buttery taste when frozen. It should be whipped until it holds its shape, but not until it piles up. A 30% cream is ideal for

(*Continued on page 30*)

Holiday Prune Pudding
(Mrs. Meredith's recipe)
2 cups chopped, cooked, pitted California Prunes
¾ cup molasses
2 eggs, beaten
1½ cups wholewheat flour
1 teaspoon cinnamon
1 teaspoon nutmeg
½ teaspoon salt
1 teaspoon soda
½ cup bottled milk or ¼ cup evaporated and ¼ cup water
Mix the chopped prunes with the molasses and beaten eggs. Mix the wholewheat flour with spices, salt and soda and add to the prune mixture alternately with the milk. Turn into a greased 2-quart pudding mold and steam 2½ hours. Serve hot with any desired pudding sauce. Serves eight.

NRA MEMBER U.S. WE DO OUR PART

Many an enticing dish just pops out!

From the "7-Day Bowl"* make several new, appetizing treats—Get recipe book for full week's schedule of menu-variation—all made with full-flavored California Prunes

Here's a cheery answer to that eternal problem: "What shall I have for lunch today—or dinner tonight—or breakfast tomorrow?" And the answer is all wrapped up in a simple, handy "package"—a 7-day supply of sweet, juicy *California* Prunes.

Just cook enough to fill a large bowl. Then place them in the ice-box. And presto! From this source new delights discovered by smart hostesses and famous chefs are *easily* and *quickly* made.

Good for the System, Too

California Prunes benefit the body, as well, for they contain several essential elements: Vitamin A, for increasing resistance to minor infections; vitamins B and G, too, for promoting appetite and growth; minerals (iron, calcium and phosphorus) that build blood, bone and tissue; and natural fruit sugars, to supply quick energy. Prunes help regulate the body in a mild, *natural* way.

Ripened on the trees to full maturity in California sunshine, the new pack is now available at your nearest grocery. Ask for other new California Prune products, such as prune juice, prune bread and prune crush.

THE CORRECT WAY TO PREPARE PRUNES

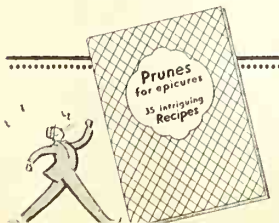
*(*For "7-Day Bowl" and Compote of Prunes*)

First, wash the prunes with cold water. For quick preparation, place in pan, cover with water and bring to a boil. Cook at *boiling* temperature for one hour. If a sweeter dish is desired, add 2 tablespoons of sugar for each cup of prunes during *last five minutes* of cooking.

Many excellent cooks prefer to cover prunes with water and soak over-night, simmering slowly for two hours in the same water. Prunes may be served with or without cream. Just before serving, a little lemon juice may be added.

California prunes

EVERY DAY IN SOME WAY



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Sunset KITCHEN RANGERS *Club*

How We Cook Venison

EVERY year about this time, rules and regulations for cooking venison, written by well-intentioned but sadly misinformed ladies, begin to appear in the home magazines. Well, lifetimes have been spent on mistaken paths, and so I hope herewith to clear up some common misunderstandings. In other words, this is the way to cook venison.

The first adage of that old recipe, "First catch the rabbit," isn't very important on this coast where deer may be flushed like quail from the roadside within ten minutes' drive from our urban centers, and where orchardists complain that their crops are ruined by the soft-footed creatures who slip down at dusk to nibble the tender fruit and leaves.

But the second rule is all important. *See that your venison is hung properly, or your time and efforts in cooking will be wasted.* When you get home from the hunt, drive directly to the local ice and cold storage plant. Here for a small fee (usually a share of the meat) your deer can be properly hung and frozen. This procedure takes away all the strong flavor, but leaves the delicious game taste.

In not less than two weeks, take out the meat, allow one day for thawing, skin carefully (leaving the inner skin), and cut it up for serving. Your local butcher will store part of it for you and he may even offer to cut it up for you on the promise of some of the meat. Get as many chops as possible and take off several rounds from the hams, for roasting is the least desirable way of cooking this rather dry part of the meat. You will have several piles of meat left from the breast, rump and shoulder for stewing. Never soak any of it in vinegar for this will dry and toughen venison. Roast as little of it as possible. Pan-frying is the order of the day. Are you listenin'?

Using an iron skillet, fry the chops quickly in oil, adding a bay leaf and sprigs of rosemary for flavor, and seasoning just before taking from the pan. The steaks may be treated in the same way, always working quickly. The roasts are cooked in the continental manner in an open shallow roasting pan at 450 degrees or more; seasoned with garlic; basted occasionally with oil; surrounded with onion and potatoes, browning in the drippings; and salted and served when it has reached that certain crispiness on the outside and faint pink juiciness on the inside which this method of roasting gives.

The less desirable cuts may be stewed up and served along with potatoes and vegetables in the gravy—than which there is nothing more delicious—or with curried rice, or Spanish style. The extra gravy may be used as a base for an Italian mushroom sauce by adding canned or dried and soaked mushrooms, tomato puree, minced onion and seasonings. Simmer this gravy for several hours and serve on any Italian paste with fresh Parmesan cheese. Or, make a very thick mush of corn meal, using the old-fashioned meal, stirring constantly to prevent burning until it becomes well cooked—nearly an hour. Lift the meal out onto a hot platter, sprinkle with cheese and cover with the mushroom gravy. Either of these makes a delicious and glorious end to your deer.

If you have a smoke house, cure a few strips of the trimmings for the children. Remember the storage man, the butcher, the boss, father-in-law, your poker pals and grandma with some of the meat—don't worry, you'll have plenty left for yourselves. If the head is a good one mount it; have the skin cured for sonny's room, and a good time will be had by all.—V. M. Solari, San Francisco.

Venison in Camp

HAVING spent most of my life trapping and hunting, I feel well qualified to tell other rangers how to cook venison, especially in camp. This is my method. Build a small camp fire of twigs. Let it burn down to a bed of coals. Slice steaks from the back strap or ham. Have ready some long, green sticks, cut and sharpened on one end. Stick the steaks on these sticks same as you would wieners. Hold them over the fire until cooked. The juice will begin to run out and the meat will soon start to brown. Then salt and pepper to taste. If you happen to have butter in camp, melt a little to pour on each steak just before serving. I can assure you

that the venison will disappear as fast as you can cook it. This with steaming coffee and potatoes fried in bacon drippings is good enough for any ranger.

When it comes to frying venison steak, I put a heavy skillet on the stove and allow it to get very hot. While the skillet is heating, slice the steaks, as many as you wish. To make the meat tender, hack with a butcher knife on both sides of the meat. Salt and pepper to taste, roll in flour and drop the steaks into the hot fat and let it fry. The main thing is to fry venison quickly. Brown it but let no hard crusts form on it. Turn the steaks often. When done, lift out onto a hot platter, dot with lumps of butter and serve at once. If venison is fried too long the meat is likely to be as dry as chips.

The fat that is left in the pan where venison is fried makes excellent gravy. I will have to tell you about my onion gravy. Pull the pan to the back of the stove so that the grease can cool down a bit. Cut a medium-sized onion into fine slices and fry it a golden brown in the fat. Put in the flour and move skillet to hotter part of the stove for the flour to brown. Then put in the milk and your gravy is soon ready to serve.

Another way to cook venison is to fry the steaks and then have a Spanish sauce ready in a baking pan or skillet. Drop the steaks into it for a short time before serving and you will bless the name of the ranger that invented such a dish.

I have saved what I consider my trump recipe until last. I call it Venison Hamburger Delicious. You can judge for yourself when you have eaten. Take

2 lbs. of venison
1 medium-sized onion
3 eggs
½ cupful of cream
1 cupful of stale bread crumbs
2 teaspoonfuls of salt
2 teaspoonfuls of sage
¼ teaspoonful of black pepper
A dash of cayenne

Put venison and onion through the food chopper. Add eggs (beaten), crumbs, cream and seasonings. Mix well and form into what the women call patties. Roll these patties in flour and fry in plenty of sizzling hot fat. The faster these are fried the better. Put onto a hot platter, dot with butter and serve at once. These are good also when dropped into tomato sauce to which has been added a little A-1.—Robert Marks, a "ranger" from Yachats, Oregon.

It's a good idea

to nail jar lids to the bottom of shelves in garage and storeroom. A twist of the wrist and the jar is screwed into place, thus making extra storage space for rubber bands, nails, screws, and the like.

The Strange Case of little Mary Dodd

[A REAL LIFE MOVIE]

How puzzled Mary Dodd's parents were! She had always been such a bright, vivacious little girl. So full of life and interest in everything about her. And now . . . so listless, irritable. Not herself at all!

So Mrs. Dodd took Mary to Dr. Kent. How surprised she was when he mentioned—constipation. And then . . . "more outdoor exercise, fresh fruit and vegetables, lots of water between meals—and added bulk in the diet."

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And Mary . . . well, Mary knows nothing about the extra benefits this delicious cereal provides. She only knows she's *never* tasted anything so good—especially with sliced bananas. And mother and dad agree!

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Mothers often are unaware that their children are suffering from constipation, due to lack of bulk in the diet.

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You'll *all* love Post's 40% Bran Flakes—so crisp and refreshing and delicious. Get a package today! A product of General Foods.

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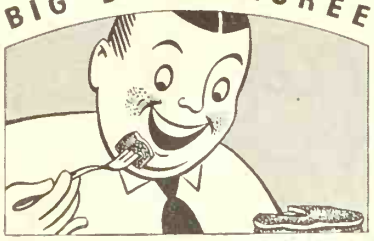

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About My Electric Refrigerator

(Continued from page 27)

frozen desserts. Evaporated milk may be substituted for whipped cream if simply chilled by pouring into the freezing tray for 15 minutes or so, before whipping.

If a recipe which I am using calls for adding fruit to a mixture, I thoroughly crush or sieve it, beforehand, making a smooth puree.

Contrary to the common belief, there are few mixtures that need stirring during freezing, other than certain ices and sherbets. These I stir in the tray after reaching the mushy stage, then once or twice again while freezing; or, if first frozen firm, I then remove them from the tray, chop down, whip with a rotary beater, and in the case of a sherbet add stiffly beaten egg white. After whipping they are returned to the freezing tray and stirred once again before firm.

To prevent separation of frozen mixtures I make it a point to have all of my ingredients at about the same temperature. Too often warm mixtures are added to chilled whipped cream, causing separation during freezing.

Here are some of my favorite frozen desserts, ranging from ices to parfaits:

Raspberry Ice

1 cupful of sugar
2 cupfuls of water
Pinch of salt
Grated rind of 1 lemon
1½ cupfuls of raspberry juice
Juice of ½ lemon

Combine sugar, water, salt, and grated lemon rind, and boil for five minutes. Cool, strain out rind, add fruit juice and pour into tray. When mixture has frozen to the "mushy" stage, (about 45 minutes), pull tray forward in freezing sleeve and stir mixture up from the bottom and down from the sides. Return to sleeve and continue freezing. Stir once again during freezing process. Makes one quart.

Next in order are sherbets, which are similar to ices, except for the addition of stiffly beaten egg whites after the mixture is partly frozen. These should be stirred once or twice during freezing. In the case of a cream sherbet, cream or evaporated milk is added.

Orange Cream Sherbet

1 teaspoonful of granulated gelatine
½ cupful of cold water
1½ cupfuls of sugar
1½ cupfuls of boiling water
Grated rind of 2 oranges
2 eggs, yolks and whites separated
1 cupful of lemon juice
1½ cupfuls of orange juice
1 pint of cream or evaporated milk
½ cupful of powdered sugar

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A.1. *Sauce*
A WHOLESOME RELISH

Soak the gelatine in the cold water for 5 minutes, then dissolve the soaked gelatine and the 1½ cupfuls of sugar in boiling water; add orange rind, lemon juice and orange juice, place in trays of refrigerator, and freeze to a mush. Beat cream or evaporated milk until stiff, and add the ½ cupful of powdered sugar, and the salt. Beat the egg whites stiff, and the yolks until thick and lemon colored; combine, and add to the cream. Fold into the frozen mixture and return to freezing unit. Freeze until stiff.

In mousses, we have an uncooked mixture of whipped cream, fruit, sugar, and oftentimes nuts. They require no gelatine. A mousse should never be left in the freezing tray too long after once freezing stiff, for it becomes very hard.

Prune Mousse

1 pint of pastry cream
2 cupfuls of chopped cooked prunes
2 egg whites, beaten stiff
Juice of 1 lemon

Whip the cream; add chopped cooked prunes then beaten egg white and lemon juice. Place in freezing tray and let remain only until firm.

Peanut Brittle Ice Cream

⅔ cupful of sweetened condensed milk
½ cupful of water
½ teaspoonful of vanilla
1 cupful of whipping cream
1 cupful of crushed peanut brittle

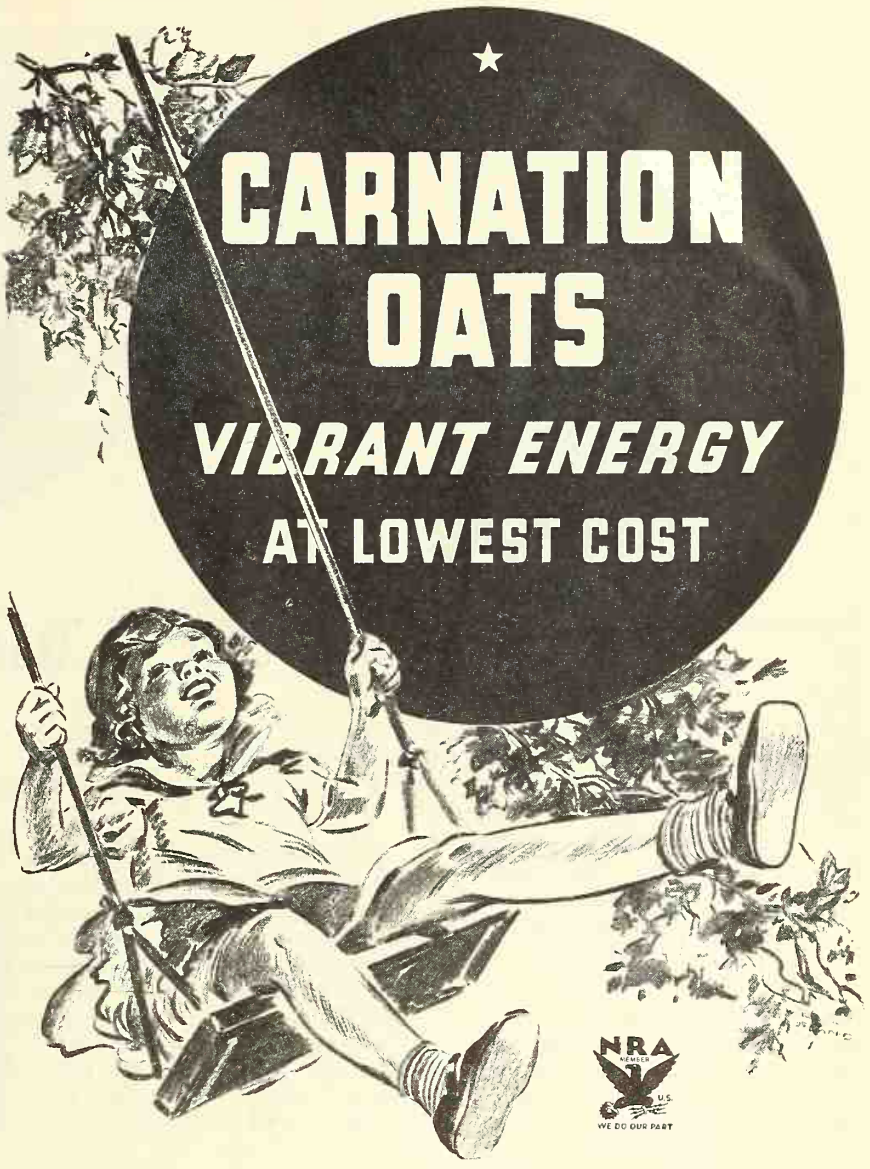
Blend the condensed milk (remember, this does not mean evaporated milk), water, and vanilla thoroughly, and chill. Whip the cream to a custard-like consistency, and fold into the chilled mixture. Pour into freezing tray and put into freezing unit of refrigerator. After the mixture has frozen to a stiff mush (1 to 2 hours), remove from the refrigerator, scrape well from bottom and sides of pan, and beat with a heavy egg whip for about 2 minutes. Fold in the crushed peanut brittle, smooth out in pan, and replace in freezing unit for another hour, or until frozen stiff. Total freezing time is usually 3 to 6 hours, depending on how your machine is set. Serves 6 persons.

The richest of our frozen desserts are parfaits, made with a hot syrup added to well beaten egg white, and beaten until cool, then folded into whipped cream. Gelatine is not required in a parfait. These desserts freeze smoothly without stirring and may be kept several days in the freezing trays.

Maple Parfait

¾ cupful of maple syrup
3 egg whites
1 pint of whipping cream

Cook maple syrup until it spins a good thread. Pour slowly over the well beaten egg whites, and continue beating until cool, then chill in the refrigerator. Whip cream, and fold egg mixture into it. Freeze in refrigerator tray. Makes 1½ quarts.



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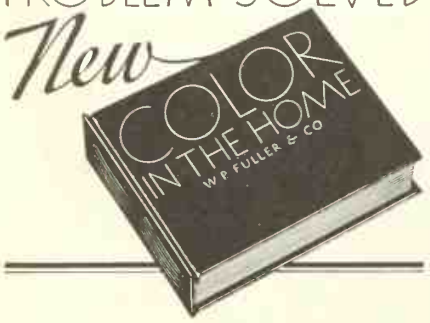

Before you do any painting yourself, or call in a painter, you'll surely want to consult this authoritative work. Truly there is nothing to compare with it anywhere. Five years in the making—at a cost of thousands of dollars. Two hundred pages. Eighty beautifully harmonious color schemes; for every room in the home, as well as the exterior. All original. All modern. All authoritative. All easily achieved; complete directions. This unique exhibit of color schemes is not for sale, nor for public distribution. It can be seen *only at Fuller Paint Dealers and Fuller Paint Stores.* But it costs nothing to consult it there. *Please use it. It was made to help you.* Your local Fuller Paint Dealer or Fuller Paint Store now has this book on display. They will consider it a pleasure to show it to you. See it before you plan any painting. "Color in the Home" was produced by W. P. Fuller & Co.—*largest paint manufacturers in the West*—as a contribution to the Better-Homes movement.

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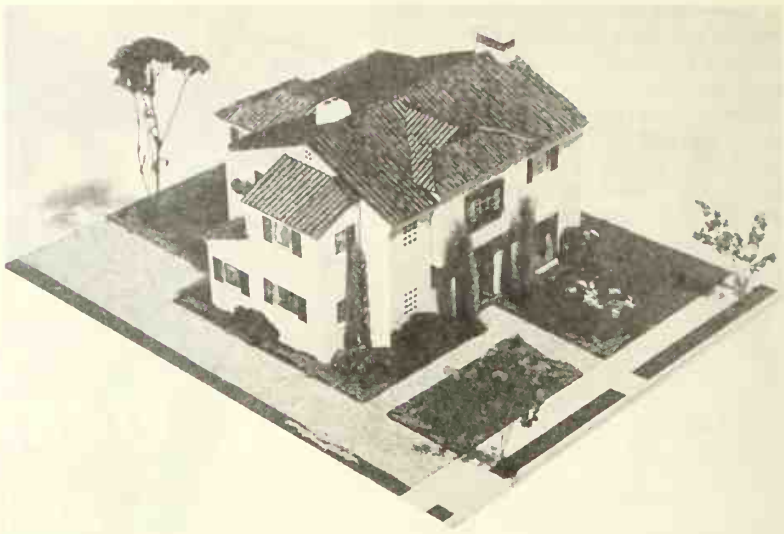
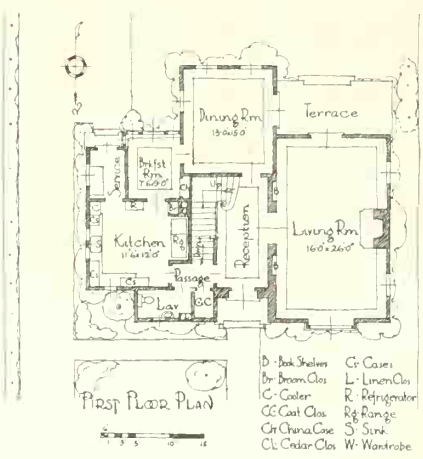


In the California Style

Designed by J. Wm. Veley

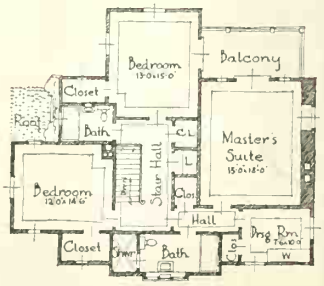
Of the firm of Chas. S. McKenzie, Architects

IN designing this house Mr. Veley anticipating the wishes of many prospective home builders in Sunset Land has evolved an attractive roomy residence for a sixty-foot lot at a cost not to exceed $10,000. Note particularly the convenience of the plan, the proximity of the kitchen to the front door being especially noteworthy. Two doors keep cooking odors confined to the service portion. The basement is easily accessible from both service and living quarters. The bedrooms and bath being on the second floor, a lavatory on the first floor is provided. A coat closet large enough for general storage is likewise provided. The breakfast room surpasses a "nook" in size and is intended to serve also as a sewing room, etc. and as a serving room when the dining room is in use. Observe, too, the unusual arrangement of the rooms on the second floor—all bedrooms have windows on at least two sides assuring an abundance of air and sunshine. The master's suite will undoubtedly offer attraction with its private bath, dressing room and separate closets for both Mr. and Mrs. Sunsetter. The bath incorporates a roomy shower. The balcony is amply large for occasional use as a sleeping porch; it also offers a short means of communication between the principal bedroom and the children's bedroom. Two baths are desirable where three bedrooms occur. The house, both upstairs and down, is compact, convenient and livable. It is not possible to describe the house completely in this space but details will be sent free to any Sunset reader.

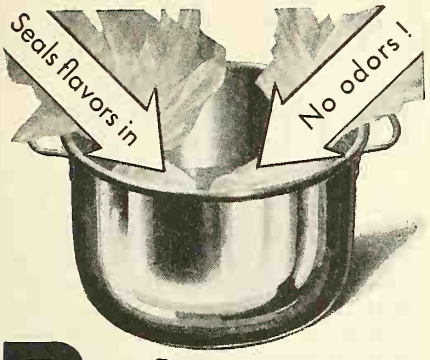


FIRST FLOOR PLAN

A model of this house will be on display during the month of October at the Charm House, in the Emporium, San Francisco. Later it can be seen in department stores of other leading cities of Sunset Land.



SECOND FLOOR PLAN



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LOS ANGELES

Sunset Gardener

(*Continued from page 14*)

Louise and the unspotted Watteau; lavenders like Masterpiece and the new American Enchantress, this last still an expensive novelty.

These poppies are not difficult, but do demand fall planting, early in the north but even as late as October or November in California. With me they do best in half shade, facing north and so protected from the drying and burning of the hot afternoon sun, which fades most of the colors. They seem to enjoy water when growing, a rest after flowering, and more water to bring them up again in September, when I often get a secondary crop of flowers.

And Now I'll Try Peonies

Before I came to California I was a peony enthusiast. Many years of life in climates unfavorable to its culture had almost removed it from my gardening mind, yet a week in peony time around Seattle brought back my old love for it. Unlike some loves of one's youth it had not changed with the years of separation excepting perhaps that it was even more lovely. So this early autumn will see me picking out the dampest spot in my now somewhat more favorable garden and trying peonies in central California.

The herbaceous peony's original home was Siberia, which accounts for its misguided preference for the climate of Minnesota or Iowa over that of California. It apparently enjoys a cold winter and a fairly warm summer and does not like getting too dry in the months after it has flowered. I shall dig deeply the rich soil in the swale I have chosen and ask my northwest friends to pick out for me a few of the best natured, most vigorous and free flowering varieties in the white, pink and rose shades rather than the deep reds, which would be more likely to burn. I shall plant them in September or early October with the buds just about two inches under the surface, and as they ought to be at least three feet apart, I may plant daffodils between them for earlier flowers, at least until they develop into clumps. I will have a hose bib near by, to give them summer waterings and shall keep manure for a surface dressing rather than get it in contact with the tuberous roots. Then I shall pray to the gods of gardeners and hope that some time I can report a measure of success. If you have an eastern or northern exposure with partial shade and if your soil is good and deep, you have a chance, but if your garden is on a continuously sun-kissed western slope in California, better forget your Iowa or wherever-you-came-from peonies.

These notes are written close to the 25th anniversary of my coming to California, which means my gardening in that state to which God has called me. This is not an invitation to send flowers.

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Garden Notes For Central California

By
Marie Olsson
Sunset Garden Department

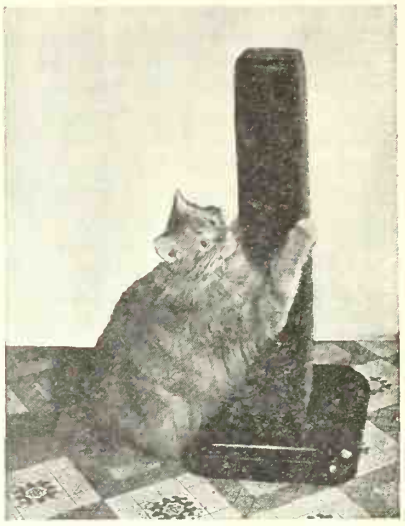
OCTOBER is the time to plant bulbs, and to sow seed of many annuals and perennials for spring bloom, and it is your last chance to set small plants for winter bloom. In and around San Francisco, the soil is sufficiently warm all through this month to germinate most seed, giving seedlings a chance to get started before frost comes.

If you want riotous color in a corner of your garden during the winter months, sow pansies, violas, and winter-flowering stocks this month, or get some small plants from your nurseryman—seedlings usually flower about six weeks after they are planted. Tall growing, summer-flowering perennial phlox, *P. decussata*, is fine in the border or intermingled with shrubbery. This plant is quite easily rooted from cuttings taken just after the plant has bloomed, or may be started from seed sown now. *P. drummondi*, the annual phlox, makes admirable and desirable bedding plants from May to the end of September if sown now. These annual phlox may be obtained in purest white, yellow, carmine with tiny white eyes, delicate pinks, rose, deep violet, and vivid scarlet.

A new and distinct type of calendula is Sutton's Chrysantha. For a splash of bright orange in the border, or to assure yourself some fine cutting flowers when flowers are costly, sow seed now of these large double yellow calendulas, which have exceedingly stout stems. To harmonize with them, sow some of the gay orange and lemon colored marigolds—the French type are fine in front of the taller Africans. This common flower has close, compact petals, is brilliant in color, grows readily with no special care and is insect resistant. In the midst of this mass of gold, clumps of the exquisite blue Thibetan Poppy, *Meconopsis baileyi*, would make for real color harmony. This poppy needs filtered shade with plenty of leaf mold or peat moss for a mulch.

More About Delphiniums

If you followed Mr. Crowl's suggestion in the August SUNSET and sowed delphinium seed, it is likely that the small plants are now ready to be set into their permanent place in your garden. If you didn't sow seed, do so immediately or obtain small plants from your nurseryman. The delphinium is one of the finest subjects for the herbaceous border. This plant reaches perfection in rich soil, therefore trench fertilizer and bonemeal into the earth before setting out the small plants. A sunny spot is most favorable for their culture, although I have seen fine specimens growing in partial shade. To avoid mildew, which is a common malady of this flower, allow at least two feet between each two plants, keep them away from walls and fences, do not plant them under trees, and always water in the morning. If your plants become affected with this blight, make a small bag of coarse muslin, fill it with powdered sulphur, tie it to a stick for a holder, and shake the bag vigorously around the plants. There are sprays, too, which are excellent repellents and remedies for this blight. (Names on request.) As the plants grow, supply them with a moderate amount of water; when the buds start to form, increase the amount of water and dig in commercial plant food to produce big, handsome flower spikes. The new crimson delphinium, *D. nudicaule*, is worth mentioning; it does not blend particularly well in the flower border, but is delightful at the entrance of your home or in a clump by itself. When you cut down your established delphinium plants this month, it is a good idea to scatter wood ashes around the roots to help keep slugs away.



The family cat will not sharpen her claws on the furniture if she has one of these cat-scratching posts, deliciously flavored with catnip. If you are interested in knowing more about this gadget and where it can be purchased, write us for details. Those of you who live in the Bay Region can see this catnip tree in The Emporium Charm House in San Francisco any time during the month of October.—M. O.

Amateurs are prone to delay the planting of tulips simply because they do not wish to pull out the lingering blossoms of annuals in their flower borders. If tulips are to make your border a strip of beauty in early springtime, they should be planted this month. Bulbs which are purchased for planting are often treated so that they can be set in the ground later with good results, but bulbs held over from another season soften if kept in storage too long. If your bulbs have softened over the summer, get them into the ground immediately; I have known bulbs to harden in the ground and produce good blooms. Tulip aphis very often become attached to bulbs during summer storage. To remedy this, wash the bulbs in a strong solution of soap and water and plant them immediately. Incidentally, after you have planted your tulip bulbs, scatter seed of forget-me-not or Virginia stocks over them—they will make a handsome display in spring. Planted in groups of ten or twelve in front of a border, tulips make a good show, and when they die down may be replaced by annuals. The foliage of the tulip remains for a time after the flower, and thus affords protection to the tender seedlings of annuals. Never leave tulip bulbs in the ground for more than three years.

Mariposa Tulips

You will never regret the planting of Mariposa Tulips (Calochortus) in your garden. The flowers of this native plant vary in extraordinary colorings and resemble a tulip in form. They do well in light soil or in heavy loam provided it is lightened with leaf mold or peat moss, and they demand good drainage. Dig the holes in which you plant the bulbs about a foot deep and fill in for two or three inches with gravel before replacing the soil; plant the bulbs about three or four inches deep, and two or three inches apart. *C. venustus ocalatus* is a hardy strain for the amateur and the flowers are exquisite. The outside of the cup is deep purple while the inner cup is lavender, and the eye of the flower is surrounded with a rich yellow halo. *C. venustus* var. El Dorado, blends more into the pink and rose tones. *C. venustus roseus* predominates in white suffused with lilac, while the back of the petal is rich carmine. One of our readers in Dunsmuir tells us that she has had this native plant in her garden for ten years, and each spring its blossoms are equally as lovely and prolific as the preceding year. One of the many desirable fea-

tures of the flower is that bulbs may be purchased from reliable dealers as low as 50 cents a dozen.

Begonias Are Blooming

Try to visit one of the begonia gardens early this month and see the blossoms of the tuberous varieties. You will note that most growers have their entire gardens under lath, since the sun burns the transparent, waxen petals of this garden favorite. There are now many fine types of tuberous begonias—the rosebud, carnation and camellia types from England; the dainty Mountain Violet type from Bolivia; the heavy crested forms from France; and the irregular wavy type from Germany and France. Begonias may be propagated from seed, of course, but if you want just a few to border a flower bed in a shaded corner of your garden, it will save you time, money and energy to plant tubers in early spring, of varieties you select now while in bloom. Mr. and Mrs. Victor Schath of Redwood City have made a hobby of growing begonias. For eight years they have worked to propagate new varieties from seed brought in from Europe, have crossed many species. They now have a most interesting collection, and are glad to have garden lovers visit their unpretentious though beautiful garden.

Two Flower Shows

The flower shows held last month in San Francisco by the San Francisco Dahlia Society and The California Dahlia Society have instilled even greater enthusiasm in the hearts of garden lovers for this well-known and easily cultivated flower. Both miniature and exhibition types of dahlias won honors, but what caught my eye were some lovely English Singles. Their luscious velvety petals turn back from the center and each petal overlaps the next, giving the appearance of a solid mass of exquisite, rich color. Snowdrop, a white one, and Mabel Burnau, a bright burnt-orange variety, were radiant. If your garden space is limited, the pompon dahlias are excellent. Some good varieties to start with are Bantam, brownish red; Bossy, light phlox purple; Joe Fette, pure white; Glow, a light old rose to coral; and for a novelty, try Darkest of All, which is so deep maroon that one would think it black at first glance. Some of the miniature cactus types, such as Elizabeth Pape, a salmon colored one, and the miniature decorative types as Little Jewel, dainty pink, are worth trying.

The Garden Movie

THE last minute there wasn't space to print this month's garden movie. We are sorry for it was an especially good one on the subject of house plants. The movie is all in type, however, so if you wish a copy of it, simply send us a postal card saying so. Address your request to the Garden Department, 1045 Sansome St., San Francisco.

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☐ Miss Blanche--White	$.50	$4.50
☐ Mrs. Moon--Yellow	$.55	$4.75
☐ Pride of Haarlem--Red	$.40	$3.50
☐ Prince of Orange--Orange	$.55	$4.75
☐ Raphael--Purple	$.65	$5.50
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Seven Perennials *for* Sunset Gardens

THE perennial flower border is a real source of pleasure the year round, combining as it does the dignity and permanence of shrubs and trees with the color and charm of the annuals.

For fall planting the following perennials should be secured either in clumps or as small plants. These particular seven have been selected because they may be planted either in gardens along the Coast where it is cool and moist, or inland where the atmosphere is rather dry and warm. Each is a hardy perennial that can be put out in ordinary prepared soil in a permanent location and with ordinary care will bloom year after year. These are especially chosen for their bright color effects which can be very beautiful used with contrasting or blending annuals set near them later in the spring, and because of their variety of type for cut flowers.

Semi-Double Shasta Daisy. Most of us are familiar with the common Shasta daisy, but this lovely new variety is quite different. The flowers are larger than the others and have several rows of fringed creamy white petals around a bright yellow center. They are very hardy and quite low growing, with the flowers on long graceful stems, and as cut flowers are lovely in a low black or yellow bowl. They will generally flower about three months after planting the clump and make an excellent substitute for asters in regions where the aster suffers from blight and other diseases.

Delphinium. Of all the colors of blue, none can quite compare with the deep blue delphinium. Seen, tall and stately against a wall with annuals such as stocks blooming in front of them, makes one of those never-to-be-forgotten moments in your garden. There is, by the way, a newer variety of Golden Rose stock, an ideal color which blends beautifully against the deep blue. Delphinium clumps planted now will start to bloom next June, stocks set out in March (the small plants) will bloom at the same time. Delphinium also comes in a light blue, and blue shading to mauve and lavender. The long stems and lasting qualities make these just the flower for a tall jardiniere.

Pentstemon. The pentstemon is one of the most showy of the hardy perennials. It comes in a variety of colored and spotted flowers, somewhat like the flowers of the foxglove, but in a greater variety of shades and colors. The most colorful of these is the deep coral-red shade which is difficult to duplicate in any other flower. There are also bright pink, rose, violet, and variations of these. The pentstemons are not difficult to grow and will well repay your efforts.

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Stockton Fall Flower Show

Be sure to attend the Fall Flower Show to be held October 21 and 22 in the Civic Memorial Auditorium in Stockton, California. This is one of the good garden shows of the San Joaquin Valley, and well worth driving a good many miles to see.

—*The Editors.*

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Perennials

Columbine. These delicate flowers in pastel shades remind one of tiny poised hummingbirds. With fluted cup-shaped centers, circled by contrastingly colored petals and long spurs behind, in countless numbers they are caught on a mass of slim branching stems and pale green lacy leaves. If plants are set out now, they will bloom in April, May and June. When they seem to die down after the flowers have gone to seed, gently pull away the dried stems and soon new shoots will come from the plants. The Mrs. Scott Elliott's strain has very large flowers and a most vivid variety of color. They come in almost every pastel color —clear yellow, lavender, blue, pink, and white, as well as the two-colored ones such as lavender and yellow, rose and white, pink and yellow, and so on.

Doronicum Excelsum. These bright yellow flowers are somewhat like Shasta daisies, blooming on a long slender stem two or more feet in height, with the leaves close to the ground. By planting the seedlings now they will bloom early in May with the flowers lasting for a long season. They make a bright spot among other flowers or planted together in groups, where a clear yellow coloring is desired. The long stems make them excellent for cutting.

Chinese Forget-Me-Not (*Cynoglossumamabile*). This is one of the newer perennials recently introduced from China, and like other flowers of Chinese culture becomes a beauty spot in any garden. Ordinary forget-me-nots are very low growing and bear a few small flowers. These of the Chinese variety have long, fuzzy stems with many branches springing one to one and one-half feet from clumps of larger leaves. The ends of these sprays are covered with the bright blue forget-me-not flowers. If you have a rather open place in your garden where you would like something unusual in form, and hardy in growth, this would be the flower. By getting the plants now, they will bloom throughout the summer months; and when you want something special in the way of an odd looking centerpiece decoration, place some sprays of this bright blue in a low bowl with a few of the clear yellow *Doronicum excelsum*.

Painted Daisy (*Pyrethrum hybridum grandiflorum*). These are large cosmos-like flowers ranging from bright pink to deep red with bright yellow centers. The clumps have heavy leaves clustered at the bottom, from which the long graceful stems carry the bright flowers. Seedlings planted now bloom in May and June and again in the fall. They are graceful and long-lasting as cut flowers, and can also be combined with *Doronicum excelsum* or columbine, and a few of the long lacy leaves of the delphinium.—Mrs. F. Fornari, San Francisco.

IT WAS A SENSATION

at the San Leandro Flower Show

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Garden Soil

(Continued from page 15)

are other forms of humus whose value depends on their nature and condition. Let's examine these forms of humus and see how they fit our requirements.

Green manure cover crops, which may be plowed under, become a valuable form of humus in the soil for agriculturists because they are easily raised where they are needed, ordinarily at a time of year when the ground is not needed for other crops. Where a cover crop may be raised under these conditions no other form of humus in the soil need be considered. Cover crops are not valuable on small areas where quick results are desirable because several years would be required to put sufficient humus into the soil by this method. You, with your city lot garden, can scarcely plant a "cover crop" and so must look to another source for humus.

Leaf mold is humus formed by the decay of leaves. It is possible to correct a bad soil condition by the use of leaf mold, but as compared with peat it is open to three objections: it is not highly absorbent of moisture, it breaks down quickly in the soil (entirely losing its identity in less than one year), and it is much more expensive than peat moss.

What Is Peat Moss?

Peat is humus formed by the partial decay of plant life under conditions which have kept it from complete decomposition for many years. It is of many different kinds. As is the case with other forms of humus any kind of peat would assist in correcting a bad physical soil condition, but sphagnum moss peat is preferable to the others. Sphagnum moss peat is one of the most absorbent substances known. A United States Government bulletin says that it will hold from fifteen to thirty times its own weight in moisture. Sphagnum moss peat retains its identity in the soil for many years, breaking down very slowly and continuing constantly to perform its many functions of soil building. Consider the possibilities of a humus in your soil which will hold such a preponderance of moisture, yet actually facilitate desirable drainage, and which will continue to do this for many years.

Peat moss is not a fertilizer and should not be applied after the manner of fertilizer. Fertilizer is held to the top of the soil because sooner or later it dissolves and its strength is carried down through the soil by the moisture. Nothing comes out of peat moss, therefore it should be put where it will serve its purpose. If it is used to correct the physical condition of the soil it should be thoroughly mixed with the soil in sufficient quantity. If it is needed as a mulch then it should be applied to the

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Don't confuse Sani-Flush with ordinary cleansers. It is *intended* to clean toilets. Also, Sani-Flush is effective for cleaning automobile radiators. See directions on the can.

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What, in your opinion, is the best article in this issue of Sunset? Just write your answer on a postal card and mail it to the editors. Thank you.

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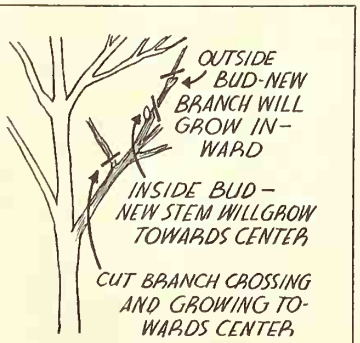
top, but don't expect a sprinkle of peat moss over the top of rock-hard adobe or clay to perform a miracle. If plenty of peat moss has originally been mixed with the soil, it may be used over the top at intervals to maintain the supply.

If your soil is pure sand or is hard, harsh, sticky when wet, will not hold moisture except in a soggy condition, cracks when it dries, forms a cake over the top, is extremely heavy—if you are troubled with any one of these your soil lacks humus, and nothing else will correct the trouble or give you good results. If you want to correct such a condition quickly and positively, use peat moss. Use enough and mix it thoroughly with the soil. During the growing season use it as a mulch around your plants and wet it down thoroughly. When the season is over work this mulch in with the soil and the next year use more as a mulch.

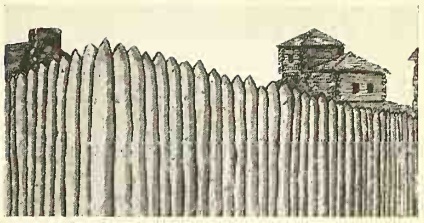
If the soil of your lawn is hard and lifeless, turn it over, spread peat moss evenly over the top four inches deep and then mix that peat moss thoroughly with the soil to a depth of four inches. Apply fertilizer and rake it in one inch deep, sow your seed and keep the surface moist until it is thoroughly germinated. Then use a stationary spray whenever the grass shows it needs it, soaking the ground below the limit of the roots. One bale of peat moss to two hundred square feet may be necessary if your soil is bad.

If your rose garden is not satisfactory, use peat moss. During the growing season use it as a mulch, two inches deep if there is plenty in the soil, four inches deep if there is none in the soil. Wet it down thoroughly. At the proper season for transplanting, remove every bush, mix peat moss and fertilizer thoroughly with the soil, and reset your bushes. Use more as a mulch around the bushes.

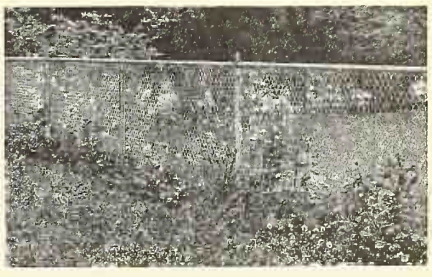
Editor's Note.—We agree with Mr. Ketner that peat moss is the most efficient form of garden humus. Since, however, peat moss is not a fertilizer, plant food must also be added to the soil to make plants grow. The commercial fertilizers and plant foods go hand in hand with peat moss in the modern garden. These two (peat moss and commercial fertilizers) properly used will make your garden dreams come true!


OUTSIDE BUD-NEW BRANCH WILL GROW IN-WARD
INSIDE BUD-NEW STEM WILL GROW TOWARDS CENTER
CUT BRANCH CROSSING AND GROWING TOWARDS CENTER

See pruning article on page 18.



The Days of the
STOCKADE HAVE PASSED



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A Beauty Letter

From Barbara Lenox

Dear Sunset Readers:—

THE last time I wrote you a letter, I wrote from Hollywood. This time I haven't really been away, but I've been on a lecture spree! Almost every day for two weeks I was at the Emporium in San Francisco, discussing all sorts of beauty subjects, and after months of writing to an invisible audience, this personal contact with SUNSET readers was most refreshing. I wish I could meet every one of you, so that we could talk over your particular problems. Perhaps I shall be able to meet more of you if I can find time to repeat my lectures in other cities.

The lectures at the Emporium were for the most part a discussion of personal charm and physical attractiveness as a decisive factor not only in getting and keeping a possible position but in making friends these keenly competitive days, with emphasis on the fact that beauty works inwards, that ugliness can be routed, and that age can be outwitted. We talked about care of the skin and hair here in the West, where we have to individualize our treatments somewhat to meet climatic conditions, just as we should always follow a treatment that meets our own particular personal requirements.

At the end of every lecture I invited the audience to ask questions. I was very much impressed by the sensible, intelligent questions asked. Some of them were repeated so often that I am going to take them up again, here and now.

"How can I keep my neck young and free from wrinkles?" was one question that was asked again and again. In the past issues I have discussed wrinkles and age marks, but have never specialized on the neck, so I am glad that question was brought up. The neck you know, is usually one of the first places to show an aging condition. Of course every one wants a young smooth neckline, and I am happy to say you can have one if you will just follow a few suggestions.

The most common type of neck aging is one where the skin looks like crepe paper, and where there are two or three "ring" wrinkles around the neck, and the skin itself has a sallow, brownish cast to it. Look in the mirror and see if you have any or all of these conditions. Even if your neck is young and firm do follow some of these suggestions. Skin authorities are emphasizing more and more the necessity of preventing wrinkles, rather than waiting until they appear and then frantically trying to erase them. Remember, you do not have to have wrinkles or grow old, if you have average health and take preventive measures.

Naturally you cannot remove an effect until you discover the cause. Loss of weight, low vitality, overfatigue and all such things will encourage wrinkles, but usually the cause is local. If the skin on your neck looks tired and flabby, in most cases it means that cell activity is sluggish. Just what do we mean by cell activity? Merely this, that the skin is always building new cells, and throwing off old ones, and as long as this process goes on actively we have a young skin; but when the process slows down, we have an over-accumulation of dead cells, and a dead-looking skin. To correct this we must stimulate cell activity, and the way to do this is through the circulation.

The cells are not only nourished by the blood, but according to Dr. A. R. Robertson, there is a substance in the blood which keeps the skin elastic and tight; if the circulation is not stimulated the skin will of course become loose and flabby. If you would prevent an old looking neck, then, stir up the circulation every day, and if you want to youthify a neck that is already old, stimulate the circulation faithfully and regularly. Keep the skin oiled and protected, but in addition use something to "blush" or stimulate the blood stream. I will gladly send you names of products, if you will write me and enclose a stamped self addressed envelope.

It is also helpful to take every day some form of general exercise, including movements which affect the muscles of the neck. Throw the head as far back as possible, then open and close the mouth rapidly ten times. Hold the head erect, shoulders relaxed. Turn chin alternately over the right shoulder, then over the left, repeating the performance ten times. All necks should have cold water smacked on them every morning. No one needs to have an ugly chin or throat line, but beauty under the chin is like salvation—it isn't won all in a moment; however, like salvation, it is worth working for.

Another question that was asked again and again was about hands, and I think that was because most of us are now having what I call "after-vacation hands"; that is, the skin looks hard and dry, and the nails are brittle. Try on alternate nights using first a bleach and then a very oily cream under sleeping gloves. Don't neglect to apply hand lotion after every washing, and do invest in a really good "dress-up" preparation

of the cream powder base type, to wear to parties.

In choosing finger nail polishes, study your skin tone and also consider your frock and your lipstick. Try applying the polish on the small finger first and the thumb last. If you use a layer of colorless polish under the bright one, the effect is usually better. There are some polishes that are more lasting than others—that will not readily break off or scale off—and there are exciting new shades.

Please feel free to write me if you need any suggestions, and please remember to enclose a stamped self addressed envelope.—Barbara Lenox, Beauty Editor.

Desert Galleon

DECADES ago
A tale was told
Of a miner's last request,
"Bury me with the galleon, west!"
No one fathomed his odd remark
But one lone Indian boy
Remembering his tribal legend
Of the ship that sailed the West—
A ship that never returned.

In the time of tribal wealth,
There sailed a Spanish galleon
In to our inland sea.
For some dull reason, now unknown,
She found her way below
And crystallized her beauty
In glistening, salty shroud.

The tribe is small,
The sea is dead,
And, clothed in garments
Made of sand,
The galleon sleeps in peace!
But winds have ever changed
The course of ships;
And, even now, the wind
Still guides the galleon's path.
Travellers tell of phantom ships—
Mirages true to Spain.
A miner found her once again,
Clothed in sheerest crystal beauty,
Witching beauty, standing in the desert,
Calling through uncharted lands
To those who seek an epitaph,
"Bury me with the galleon—West!"
—James Neill Northe.

Release

NO one can bind my spirit
In a house that's made of clay,
For I've seen the jacaranda
In its blue, blue dress;
I've seen the waxen blossoms
Of an old magnolia;
I've seen acacias flowering
Along a winding road,
And the scarlet eucalyptus
In the spring.
—Grace L. Blount.

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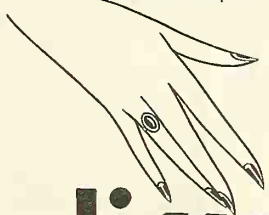

HOUSEWORK with its hours, sometimes, in steaming laundry suds, dishwashing, the preparation of fruits and vegetables, the use of scouring powders and furniture polishes—all these things are a supreme test for a nail polish. But GLISSEN comes through with flying colors. Lasts a week or more without fading or chipping.

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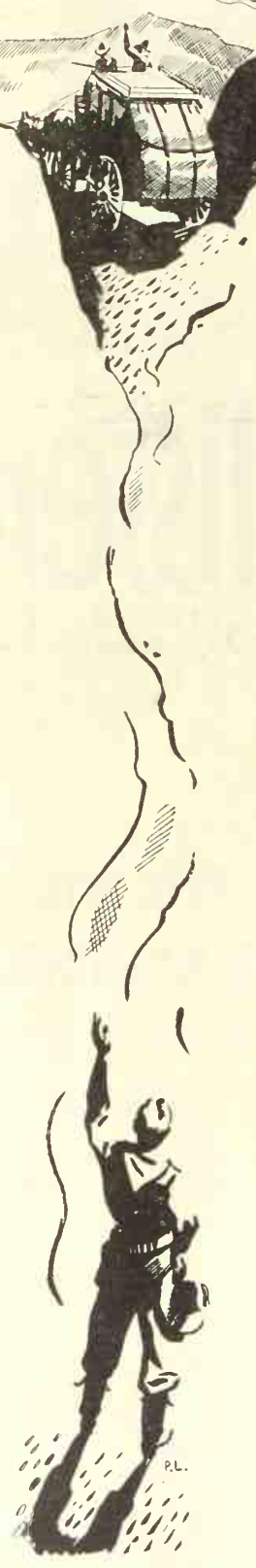

WE have just finished reading the week's accumulation of manuscripts. Because of the Labor Day holiday there aren't so many as usual, but, even so, there are four wire letter baskets heaped high with poetry good and not so good; scenarios for garden movies; recipes for Kitchen Cabinet and Kitchen Rangers; garden tips for tenderfeet; and serious and semi-serious articles about western building, western gardening, western vacations. Those manuscripts tell us a great many things. For instance:

* *

In those four baskets of manuscripts there are only four envelopes bearing eastern postmarks. The others are all from Sunset Land. Apparently the fact has penetrated that, since Sunset is a strictly western publication, we buy only from western writers and artists.

* *

Sunset readers send us twice as much poetry as prose. This in a way is regrettable, for we use so little verse in the magazine. There is never space for more than two or three poems in an issue, yet in this week's manuscripts there are more than a hundred really *good* bits of verse. Perhaps this fact explains why your specially prized poem was returned to you.

* *

We can always tell which manuscripts are submitted by free lance writers and which ones come from our own Sunset readers. Most of the articles and poems signed by Sunseteers are accompanied by cordial letters, often personal in tone, indicating the bond of sincere friendship that exists between Sunset and its readers. Today there is the letter from Mrs. E. M. Dean in which she says: "*I've been wanting to tell you how much I liked two poems recently in Sunset. One was 'Knapsack Song' and the other 'Desert Noon'. Do you mind if I say that I did not care for the one called 'West'—there was something a little saccharine about it. But of course that is all a matter of opinion . . . .*" From this we know that Mrs. Dean has been reading Sunset thoughtfully, and it is natural that, in turn, we should give her poems a most careful reading.

* *

Occasionally certain manuscripts make us smile. Here is an article about making Christmas gifts. In it are specific directions for making a decorated fly swatter, trimmed with yarn flowers. This gives us a moment of reflection. Would the majority of our readers really like to know how to decorate fly swatters or are most of them willing to go through life killing their prey with a rolled up newspaper or an ordinary, unadorned wire spanker? We wonder!

* *

Then there are moments of ecstasy that come to us as we go through your typewritten pages, moments of rapture such as we felt when we came across this from Ethel Romig Fuller, our beloved poet of the Northwest:

White heather is a lyric poem
Written by the sun
With an icicle dipped in glacial green ink.
Let someone read a meaning
In the cool, delicate words . . . . .
Let someone set a spray of white heather
To the music of a young lad's laughter.

* *

We like to read your manuscripts. We want you to continue to send us your good ideas, your choicest poetry, your garden experiences, your favorite recipes, and brief accounts of your happiest vacation days. Your contributions may come back to you, but when they do, please remember that it is impossible for us to find space for all of the good things that are sent to us. Remember, too, that we can use short, practical items better than long articles and that everything (except poetry) must put across some specific idea or ideas that other western families will find useful.

* *

As we sit here with your brain children about us, studying how we can fit some of them into future issues, we keep visualizing the Sunset of the future—a big, 250-page publication with plenty of space for the good material that must now be rejected. But dreams are simply schemes unless they are shared with others, so we say to you. "*Come join in our Sunset dreams. Help us to build the finest, biggest magazine in the world right here in Sunset Land. Every time that you remind a friend to subscribe to the magazine, every time that you patronize a Sunset advertiser, you help to make a big, beautiful dream come true for all of us.*"—Lou Richardson.

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SUNSET GOLD

HAVE you ever, feeling your way through drifting fog along the coast, driven onto a curving bridge that faded off eerily before your eyes? Reason, and past experience, tell you that there is a substantial other end to the bridge; but whether it swings to right or left on the other side of that dark canyon, or what sharp turn or steep climb or descent may lie beyond it, are matters of conjecture.

What a good picture of our own days are those mysterious bridges of the coast road—one today after another, reaching across from the known road of yesterday to the untried trail of tomorrow. Judging by the part we have traversed, we may expect rough spots and smooth stretches. We may expect narrow, breath-taking ledges where to lose one's head would mean swift destruction—but where, after all, one needs merely to keep the wheels in the road, just as on the straight, smooth highway. We may take for granted that there will be mile after mile made dark and foreboding by thickening fog. But may we not also, judging again by the past, look for sudden bursts of glorious sunshine between those drifts of fog, floodlighting the beauty of wave-carved shore line and wind-swept mountain top, and turning our ordinary road into a shining golden trail?

We know the way we have been over. We have a map—a vague outline at best—of the road we should like to travel in the future; but what detours we may be forced to make, what slides and washouts may obstruct our paths, no one can foretell.

Let's live today! Today is the only part of the road it is given to us to see. Yesterday is past—to be remembered in part at least, but no longer to be lived. Tomorrow—well, we may decide what we should *like* to accomplish tomorrow, but we can not, we must not, attempt to plan our day too accurately. It is comforting as well as disturbing to recognize that there are circumstances beyond our puny control, and that only a supreme egotist undertakes to make his own circumstances.

LIVE today. Take the road that lies before you and make the best progress possible on it. You can't back up, you can't turn around. You must go ahead, through sand and sunlight, fog and fear. Some hardships you must accept, whether you want to or not; accept them, then, with the best grace possible, and go on, with confidence and hope and faith, over the clouded bridge of today onto the new road of the future.—G. A. C.

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NOVEMBER 1933
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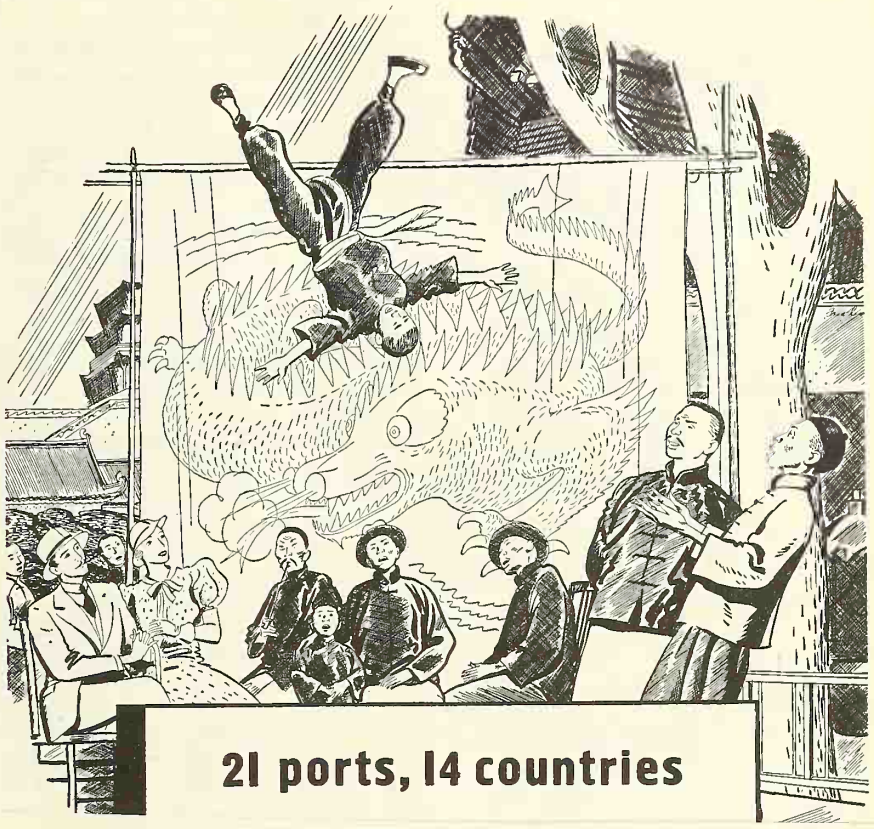

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Similar through service is provided for your return trip. For example, leave Mexico City at 7:05 p.m. on a Tuesday, arrive Los Angeles 7:40 a.m. Saturday—three days and four nights. Any of our agents will gladly help you plan an itinerary from your city connecting with this through service.

In two weeks you can make the roundtrip from Los Angeles and have an entire week in and around Mexico City. The trip down our scenic West Coast Route will be one of your most thrilling memories: the picturesque crowds that greet the train at every stop; Mazatlan, the tropic seaport; Guadalajara, where rare things are made in pottery and glass; the wild *barrancas*. Mexico's winter climate is delightful.

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For the free booklet, "Pictorial Mexico" and detailed information, write F. S. McGINNIS, 65 Market St., San Francisco, H. P. MONAHAN, Pacific Electric Bldg., Los Angeles, or J. A. ORMANDY, 705 Pacific Bldg., Portland.

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floating down the watery streets of Venice, and a few francs to be risked in Monte Carlo. But that isn't all! The S. S. Statendam will leave New York February 8, 1934, and will call at 25 ports. The cruise fare first class is $595 and up; and tourist class, $325 and up. For approximately a hundred dollars additional it will be possible to board one of the passenger-freighters in Europe and return direct to the Pacific Coast via the Panama Canal. Write Sunset Travel Service Department for an illustrated booklet and details, enclosing a three cent stamp with your request.

Hotels and Camps in Death Valley

Travel Editor, Sunset Magazine:

We should appreciate your sending a copy of the booklet on Death Valley mentioned in a recent issue of Sunset. Can you give us any information as to accommodations we will find there?—H. M., Millbrae, California.

Furnace Creek Inn in Death Valley opens November 1, and excellent accommodations can be had in this beautiful modern hotel. Rates are quoted American plan. There is a comfortable auto camp at Furnace Creek Ranch, about a mile from the Inn, with fully equipped cabins accommodating as many as four persons to a cabin. Bedding and housekeeping utensils may be rented at a slight extra charge. At Death Valley Junction the Amargosa Hotel (open the year round) offers European plan accommodations, and meals may be had at the hotel dining room. There is also an auto camp with similar camp accommodations located a short distance from the hotel. While bedding can be rented, housekeeping equipment is not available. At the northern end of the valley Stove Pipe Wells Hotel offers both American and European plan accommodations, with modern detached bungalows and all conveniences. We have just received a new supply of Death Valley literature with corrected rates, and a booklet has been sent you. Incidentally, saddle and pack animals can be obtained at the hotels and guides are available to conduct parties through the valley to various points of interest. A trip by horseback will give you access to sections of this mysterious desert that are not reached by motor car. Specially conducted all-expense tours by train and motor car are made from Los Angeles and other large cities on the Coast during the regular season.

On the opposite page is an account of John Barrymore's recent fishing in Alaska—this photograph merely proves his story

Bear Hunting in the Siskiyous

Travel Editor, Sunset Magazine:

Where can I find good bear hunting in November, somewhere in Northern California? And what are the regulations, season, etc.? Any information will be helpful in making plans.—S. A. S., San Francisco, California.

Bear season opens November 15 to March 1, and Del Norte and Siskiyou

counties will offer some of the best bear hunting in Northern California. There are numerous little resorts where competent guides may be hired who will be glad to accompany you or to give you their advice—and the advice of these natives can be used to good advantage! A regular hunting license at $2.00 will be sufficient. Incidentally, if you are interested in some "big game" hunting, you will be glad to know that the game commission pays $20 for every male and $30 for every female mountain lion killed. It's guaranteed to be exciting sport!

New York Via the Southwest

Travel Editor, Sunset Magazine:

Please tell us what route by train you think the most interesting for a trip to New York this winter. We plan to leave the middle of November, and feel that we might like to see something of the Southwest. Any booklets you can send will be helpful.—C. G., San Diego, California.

By all means do investigate the possibilities of going East by way of Arizona and New Mexico with a stopover at Santa Fe. Detraining at Lamy, you are met by courier cars for the trip to Santa Fe and through the Indian country of the Southwest, to primitive Mexican settlements and old missions, through Indian pueblos and prehistoric ruins. Indian tribal celebrations are carried on at intervals during the entire year, and you can plan your trip to include one of these ceremonies.

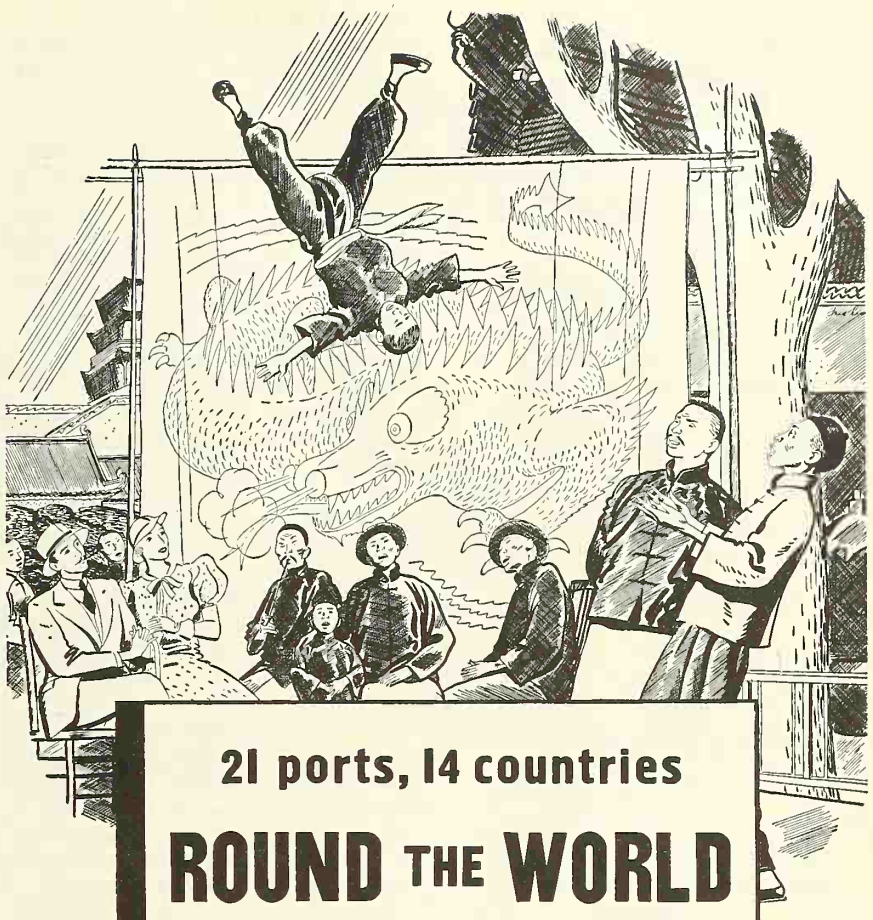
Another equally interesting and totally different route is by way of Phoenix, Arizona. From there you can make the detour over the famous Apache Trail, a 120-mile trip by motorcoach over good roads to Globe, where you make connections with your eastbound train. A stopover can be made at El Paso for a side trip to the Carlsbad Caverns before going on to New Orleans. From there you can, if you like, leave your train and board a regular sea-going steamer for a six-day cruise around the coast of Florida and up the East Coast to New York. Rail and steamer fare are included in your one ticket. The literature we have sent will present a convincing argument for both trips. Write us when you have made a decision, and we shall be glad to help further.

John Barrymore Goes Fishing

JOHN BARRYMORE, who has traveled all over the world, saw Yosemite for the first time this summer.

He and his wife, Dolores Costello Barrymore, little Dolores and little John Barrymore Junior went along. While the youngsters and Mrs. Barrymore stayed at the Ahwahnee, Barrymore Pere packed in, up to the snow line behind Yosemite, with Chief Ranger Townsley, for some of the greatest trout fishing he ever has enjoyed.

After that, they proceeded to Portland, boarded the Barrymore yacht, the



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Infanta, and set sail for Alaska. They touched at Stuart Island, the mouth of the Campbell River, proceeded as far North as Ketchikan, visited Joe Ibach, famous guide of Rex Beach's "Oh Shoot," and an old friend of the Barrymores, on Lemusuria Island, and fished and hunted.

"It is a veritable paradise for the sportsman," declares Barrymore. "At the mouth of the Campbell river I caught nine salmon, in salt water, with a fly—a thing I always had thought was impossible." The famous screen star adds that the fly used was a bucktail.

Four hours of fly fishing in the streams inland netted a gorgeous string of salmon trout.

With a fly rod, too, at Ketchikan, he landed a 450 pound halibut—thereby topping the exploit of his friend Stewart Edward White, who was with him on a former trip to Alaska.

As to hunting, Barrymore reports the trip an equal success. He bagged three great Kodiak bears, an Alaskan wolf, and an ibex.

"People need not be afraid of the cold up there," adds Barrymore. "The air is so dry you don't notice it. In fact I noticed twenty below zero up there less than a cold foggy night in Hollywood. It was great for the children—they throve and ate enormously."

Barrymore has done much fishing in Mexican waters, but asserts that gamier fishing, on the whole, is to be had in the Pacific Northwest. Besides, he adds, the singular beauty of the country is inspiring.

The Alaska regions, Barrymore contends, are ideal for the vacationist, and, to hunters and fishermen especially he recommends them as the thrill of a lifetime.

Cruising the Pacific

WRITE the Travel Service Department for a deck plan of the S. S. *Lurline*, the magnificent new ship on which the Pacific Cruise is to be made, sailing from San Francisco January 23; Los Angeles January 24; to be gone for 81 glorious days on a cruise that is best described as "different." Primitive Bali, the real Paradise; and Port Moresby, the land of head hunters, are visited, in addition to 16 other fascinating ports of call around the Pacific. The fare is $1,000 minimum, including shore excursions.

Thoughts While Flying

THERE is something about the large new tri-motored and twin-motored planes that inspires confidence as you climb into the cabin; something thrilling as your plane taxies down the field, motors whirring, the plane casting its shadow like a huge moth on the ground. Then with a sudden throbbing of the motors and an onrush of power the large motors lift you gently from the ground, and before you are entirely aware of it

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"GASTRONOMIC ITALY" is the title of a colorful descriptive map designating the culinary centers of the provinces of Italy. From Piedmont, one of the confectionery centers, where you must try the **biscottini** of **Novara;** to the famous Lake District where the **agoni** from Lake Como are food for epicures; to Bologna, celebrated for its **tagliatelle;** to Tuscany for grilled steak **alla Fiorentina;** etc., this colorful map covers the epicurean cities of Italy. It will be useful in planning a tour through Italy, and is free to Sunset readers. A three cents stamp will cover cost of mailing.

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ON THE FIFTH AVENUE OF THE WEST

LOS ANGELES

you are cruising along at 180 miles or so an hour, entirely relaxed and comfortable inside the cabin, gazing down on a world grown doubly interesting as seen from the air.

As we sat in the cabin of one of these large planes racing through space last month, we wondered how long before we would be routing our readers over skyways instead of highways, and our letters would sound something like this: "We would suggest that you follow Skyway No. 66 from Barstow to Williams, make a short circle detour over the Grand Canyon, Meteor Crater, the Petrified Forests and the Indian cliff dwelling ruins of New Mexico. Airport Wichita offers good accommodations and meals in case of stopovers. You should be able to make this trip in from 10 to 12 flying hours at an average speed of 200 miles an hour, etc., etc." If you are not flying your own plane as yet, consult the Travel Service for flying time, schedules and rates by air between West Coast cities and over trans-continental routes.

Palm Springs for the Winter

Travel Editor, Sunset Magazine:

Will you please send me folders and literature you may have on the vicinity of Palm Springs in Southern California? I want to get down into the desert warmth for a few months this winter.—T. D., Seattle, Washington.

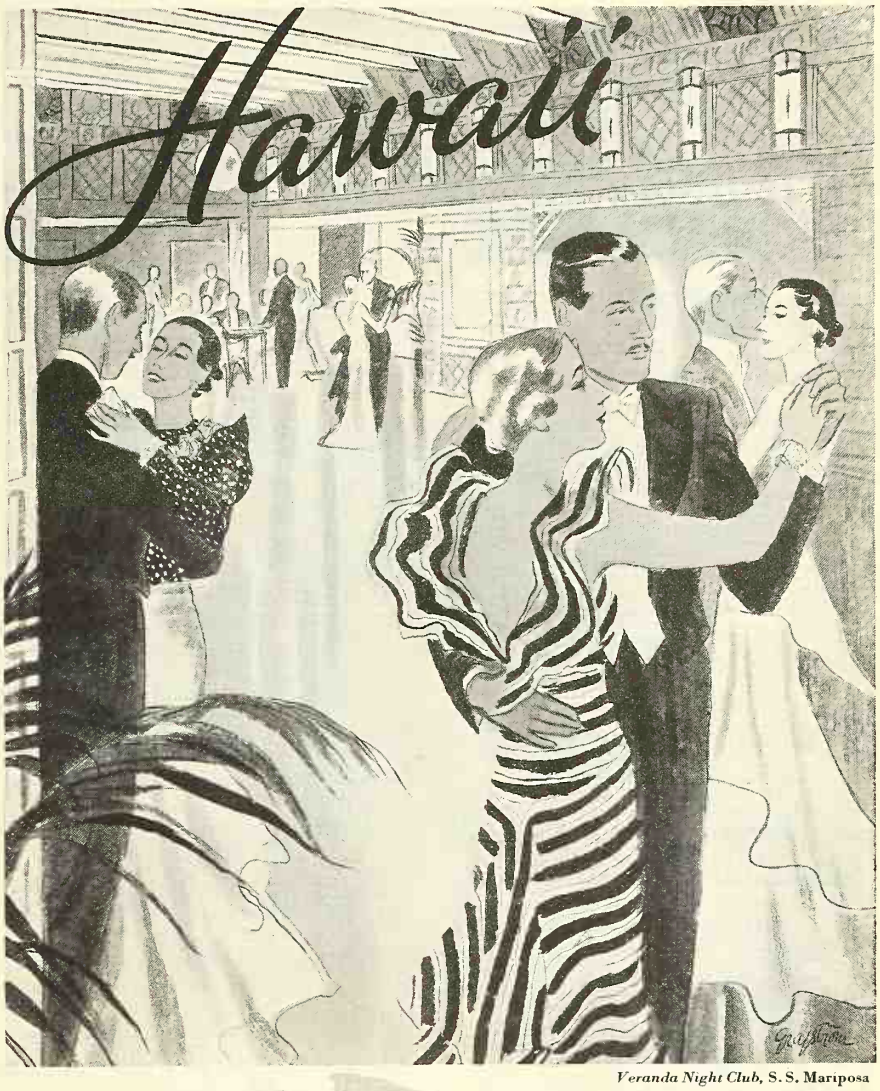
Most of the hostelries and inns in and near Palm Springs are open from October to May, when the desert is at its loveliest and the weather is the most delightful. Fogs are unknown in this section of the country. The average noon temperature for November has been estimated at 80 degrees; December 73; January 75; February 76, etc., insuring warm sunny days during the entire winter. With the coming of fall and the subsiding of heat, the desert begins to stir—roadrunners, quail, and numerous other birds are to be seen; even a sly coyote may appear. The nights are like velvet and the days are warm and bright, and the eternal quiet and peace of the desert pervades this natural beauty. Palm Springs is about 116 miles from Los Angeles, accessible by rail, motor or air. All types of accommodations, both European and American plan, are to be had, and all types of outdoor sports are offered. The literature we have sent you gives all details.

Accommodations in Victoria

Travel Editor, Sunset Magazine:

Will you please recommend a moderately priced hotel and a de luxe hotel in Victoria? What means of communication is there between Vancouver and Victoria? Is there a Baedeker or its equivalent for the island?—Ferndale, Washington.

This inquiry came to us without name or sufficient address, so it is being answered in the travel column. Of the moderate priced hotels in Victoria we like to recommend the quaint and charming little Windermere Hotel located convenient to the docks and to the center



Veranda Night Club, S. S. Mariposa

Travel is turning due West! Three stunning new ships have tipped the scales in favor of the Pacific! Which is by way of being a royal salute to the "Mariposa", "Monterey" and "Lurline". Ships you must voyage on to understand.

From the moment you sail, happiness plants its seeds within you as easily as the roots of the wild ginger probe the soft yielding earth of Hawaii. It echoes in the music of a sea-going night club that strikes joy to the toes of those who love to dance.

Tropical nights blend into care free days for the relish of life in an utterly different pattern; starting with pleasure, ending with contentment. *A foretaste of Hawaii.*

Ships designed for graceful living. From lounge to library, smoking room to stateroom —themed by Polynesia, with colors coaxed from a tropic sunset. Daringly original. Eminently sane.

Diversions active *and inactive.* Sports paraphernalia galore to whittle waistlines and whet appetites. Swimming Pool (miniature Pacific) attended by a mild and faithful sun. Snug deck-chairs . . . to idle . . . sip things . . . watch the smart world go by.

Fitting prologue, indeed, to the colorful pageant that is Hawaii. A pageant of tropical pastime, sunlit adventurings on beach and coral cove, jaunts under the platinum promise of the moon. *Where the only season is summer* and life is viewed through the eyes of youth. *At a cost that is one of the best reasons for going now.*

South Seas

NEW ZEALAND · AUSTRALIA

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At last new ships ("Mariposa", "Monterey") bring new speed and luxury into service to these magnificent, unspoiled lands. A meagre 15 days to New Zealand, a mere 18 days to Australia. Adventuring pirate lanes for doubloons of South Seas phantasy and jewels of mystery under the Southern Cross. Modest fares chart the expense and keep it low.

Even a discussion with your travel agency or with our offices will prove highly interesting.

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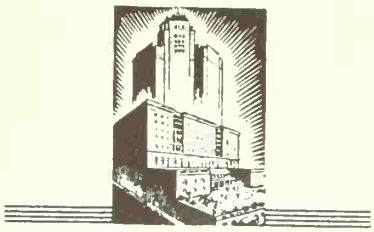

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HOTELS
OVERLOOKING
SAN FRANCISCO

Sunset Travel Service

(Continued from page 9)

section of the city. Of the larger hotels, we recommend the luxurious and truly beautiful Empress Hotel facing the bay and convenient to the incoming and outgoing steamers. Booklets and rates on these hotels are available. There is an excellent ferry service between Vancouver and Victoria, and rates and schedules are given in the booklet on this service. While we know of no book comparable to a Baedeker on the island, we do have a supply of literature that will give you all necessary information for making a visit on Vancouver Island enjoyable. This literature contains suggestions for sightseeing, lists resorts, hotels and inns, etc. Be sure to give your name and complete address when writing us for help.

Rambles in Europe

With Jane C. Higbie

Fifty-two Towers—and Five Thousand Snails

BEYOND the hills lies Carcassonne, at the Mediterranean gateway to the Pyrenees, most historic mediaeval city of France, and one of the truly unique cities of the world.

Here we arrived one rainy summer evening, planning to stay at a hotel near the station and visit the old fortified city in the morning. Above us, on a high plateau, its gray-brown mass of stone in towers and battlements frowned down upon the valley of the beautiful river Aude. Through the curtain of misty rain it appeared like an exquisite picture of an ancient past thrown upon a cinema screen—truly a magnificent spectacle.

"There's a hotel within the city walls," our driver informed us, hesitantly, "much more expensive than those of the lower town. Some people go there—" The prospect of spending even a night within the historic walls of a fortification nearly 2000 years old had but one answer. "Go there," we said; and immediately my friend and I lost our identities as American travelers and became units of a great shadowy army of other years, when Romans, Goths and Visigoths advanced upon the stronghold of La Citê Carcassonne.

Up we went, our "chariot" thundering across the drawbridge over the moat; passing under the portcullis to the citadel; winding about the crooked cobbled streets, so narrow that one could almost touch the rough stone walls on either side. Soon we emerged into an open cobbled court and drew up at the portal of the hotel, which was built into the heart of the fortifications, set amidst

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LOS ANGELES

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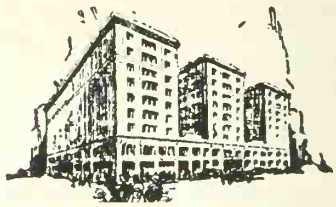
HOTEL
MULTNOMAH



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PORTLAND, OREGON

part of the original walls—a splendid piece of architecture.

Our illusion of other days was not dispelled, as a man in livery came out to take our bags; and still under the age-old spell we entered a fascinating building, dark and richly furnished but softly lighted by graceful hand-wrought iron fixtures. Carved oak panels, fine murals, richly painted friezes were everywhere—clearly not the work of amateurs.

We had comfortable, well-lighted rooms, with private baths; in fact, every modern comfort was provided in this remote city of the Middle Ages.

And the dining room! All blue and gold it was. On walls and on the thick carpet, fleurs-de-lis were patterned in gold upon a rich blue background, while against the wall below the beams of the ceiling hung heraldic shields in vivid colors. There were carved oak chairs with blue velvet seats. Waiters in blue and gold livery went quietly and efficiently about the perfect service of delicious food. By now, we would have eaten anything; just to be in this beautiful place was enough!

Leaving the table, we looked down upon the lower town and saw that the rain had ceased. We could not wait for morning but set out upon an inspection tour of the ramparts—an evening stroll between La Citê's encircling walls where hundreds of years before, plumed knights held jousting tournaments and where many an attacking warrior had been trampled on the stones by the loyal defenders of the fifty-two towers of the fortified city.

Tonight we trod, not upon warriors, but upon literally thousands of snails! It was impossible to step without stepping on them. Well you know how they multiply in your gardens of today. Think what would happen if they were allowed to multiply for 2000 years! A small boy was collecting some of the larger specimens; we asked his reason, thinking they were to be used as food. "*Pour plaisir*, mesdames," he answered. Imagine it!

Small dwellings cling to the ramparts and little shops line the crooked streets; the people are courteous and interesting. Only of late years have tourists turned from the beaten track to visit La Citê and have found it, as did we, well worth the time and money spent to step out of the hurry of today into the world of 2000 years ago.

★ ★

U. S. Touring Maps

ANOTHER supply of new United States touring maps has just been received in this department. Published in two sections, East and West, the map shows recent road improvements, types of highway, mileage, etc. The supply is limited, so get your request in early (accompanied by a three-cent stamp to cover cost of mailing, please.)

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Wild Roses *for* Western Gardens

By Francis E. Lester

For planting under trees, for covering banks in sun or shade, and for furnishing beauty in other difficult spots in the garden, some of the wild roses are well worth using. It is not expected that Sunset gardeners will plant them to the exclusion of newer and finer roses. After reading this article, we know you will want some of these beauties, so look through your catalogues, inquire of your local nurseryman, or, if you fail to find your favorites there, beg some cuttings. Above all, do grow more roses, old and new, in your Sunset garden.—The Editors.

The lovely Banksia, forming a perfect bower af blossoms in April and May, grows to great height in California. Photograph, courtesy California Nursery Company

HAVE you seen the glory of an Asiatic wild rose climbing with utmost abandon up through the arms of a California live oak to burst into a cloud of fragrant white blossom over the tree top?

Or, in the cool, moist evening air of our coastal climate have you breathed the exquisite, penetrating fragrance of the Eglantine of Shakespeare's time, the original English sweet briar, a wild rose that, naturalized in a California garden, quickly becomes a rank growing shrub bearing for weeks during the summer a mass of the daintiest pink flowers followed by a wealth of brilliant red hips that last until the following spring?

Or have you seen as a hedge, or grown singly, as a rank shrub, the Austrian Copper with its thrilling copper-red flowers, a wild rose that, notwithstanding all the skill and effort of modern rose hybridizers to produce its equal, is without a rival in the compelling beauty of its color?

If these garden joys are new to you you can ill afford not to explore the possibilities of our lesser known wild roses for Pacific Coast gardens, large or small.

Every gardener knows that the success of his work lies a good deal in planting those things that are naturally adapted to his garden conditions. So far as roses are concerned, we must, when planting our hybrid varieties that are the pride of every modern rose garden, carefully prepare the soil, guard against pests, and feed and prune properly; and the more highly hybridized your flower the harder it is to grow. By the same reasoning wild roses are easy to grow; and if we choose them intelligently, with knowledge of their natural conditions and habits and requirements, we may quite confidently plant them in our ordinary garden soil and, so far as special care is concerned, forget them. In fact, many wild roses resent fertilizing and coddling just as they resent pruning (save for the occasional removal of dead wood), and many withstand drought remarkably. In the abandoned gardens of our Sierra mining towns I have found thickets of the "Old-fashioned Yellow Briar" (Harison's Yellow) that were planted more than eighty years ago and though utterly uncared-for for the past forty years are growing and blooming in complete abandon, a glorious sight.

The list of desirable wild roses suited to naturalizing as single specimens or in groups, to be planted under our native trees, to cover a bank either in sun or shade, or for many other purposes in our Pacific Coast gardens is much too long to be described here. But there are plenty to select from, and, as with the hybrid rose, there is always one best wild rose for your special purpose. Here are a few of the more easily grown, valuable sorts.

Rosa moschata, the original "Musk Rose"—there are several varieties (one, at least) ideal for planting under oak trees. A native of Central Asia, it is one of our oldest known roses, described by one writer over 1500 years ago. Bacon "reckoned it" as a rose with the "sweetest smell in the air next to the violet." It is the seed parent of many good modern roses; has most attractive foliage, quite resistant to disease no matter

Demonstrated This Month at
SUNSET HOME INSTITUTE

Sunset readers in the San Francisco Bay region are invited to attend the garden forum on November 27, at the Roof Garden Auditorium of the Emporium, San Francisco, at 2:30 p. m. A special program with noted Bay Region garden authorities as speakers, among them the author of this article, will be there to help you with your garden problems.—The Editors.

how much neglected; is a rank, persistent climber in sun or shade; and is a most profuse bloomer with white flowers in huge corymbs followed by red fruits. One traveler, describing this rose as it grows in the Himalayas, likens its masses of bloom against the trees of the forest to snow-banks. It is quite hardy under average Pacific Coast conditions, coastal or inland.

Rosa soulieana, from southwest China, first described in 1896, is closely related to *R. moschata* but grows to be a large spreading shrub, 12 feet or more in height. Its delicate white flowers, opening from straw-colored buds, are borne quite as profusely as those of its taller relative and are followed by a great profusion of small orange-red fruits that are most ornamental. It is a fine rose to plant at the base of a large native tree, covering the trunk with its handsome foliage.

Rosa gigantea, another Asiatic, first collected in 1888 in Upper Burma, is remarkable because of its rank climbing habit and its very large white flowers of rare and delicate beauty. In its native forest habitat it reaches a height of 150 feet and bears flowers 15 inches in circumference. It appears to like our California climate well, especially if given a sunny, warm location. It is the seed parent of many fine modern roses one of which is the climbing rose, Belle of Portugal.

Above, the beloved Rosa hugonis; at right, the Eglantine or Sweet Briar. Photographs by J. Horace McFarland.

Rosa foetida (bright yellow flowers) and its variety *R. foetida bicolor* (Austrian Copper with copper-red flowers) are natives of Persia. This is the original color parent of our modern copper-toned hybrid roses. Planted and left to itself it quickly makes itself at home in California gardens to startle visitors with its display of vermilion-copper flowers, borne over a long season.

Rosa bracteata, native of Western China, is the seed parent of that marvelous climbing, evergreen, everbearing yellow rose Mermaid that should be in every Pacific Coast garden. It has exquisite, fragrant white flowers with huge masses of golden stamens; evergreen, disease-proof, glossy foliage; and is a free and strong grower of trailing habit, an ornament to any garden.

Rosa Damascena triginipetala (The Damask Rose or the Castilian Rose) is one of the most loved of all roses of history. A native of Persia or possibly India, it was brought to Europe by the Crusaders and later by the Mission fathers to California where it was the one rose planted at all the missions later becoming one of the commonest roses of the state. Ruthlessly uprooted it has in recent years become almost extinct; yet because of its historic interest, its natural charm and beauty, its delicious fragrance, (from this rose, in Southern Europe is made the true attar of roses), its ability to withstand neglect and disease, and its quality of continuous bloom, it is a rose of such value that it should be in every Californian's garden. It grows to be a well-branched, sturdy shrub, 4 to 6 feet high. There are many varieties of this Damask rose but this one seems to be the true "Castilian."

The Lovely Banksia

Rosa banksia, the Banksia Rose, grows to perfection if left to itself under average California conditions. The observant traveler will see, in the spring of the year, along the highways, enormous specimens in bloom that have attained heights of 20 to 30 feet or more, with main stems over a foot thick—there are specimens of this kind near Santa Rosa and Gilroy, for example. It is an old rose, brought from China to Europe in 1796. One specimen planted in the south of France in 1813 had, we are told, attained a thickness of stem of four feet within 20 years, covering a wall surface of some 1400 square feet; "it would have been larger but that its owner cut from it faggots for his heating furnace!" It bears its double white flowers with their violet fragrance in greatest profusion and its foliage is always pleasing; it resents pruning as do most wild roses.

Rosa hugonis ("The Father Hugo Rose") is a Chinese wild rose of recent introduction that makes a most attractive large shrub in the garden. Like many Asiatic wild roses its fernlike foliage is beautiful; it bears the loveliest single yellow flowers, close set to the stem, in spring and is very hardy; in fact it blooms most profusely where it can be made thoroughly dormant by winter's frost.

The Sweet Briar

Rosa eglanteria (*R. rubiginosa;* "The Eglantine"; "The True Sweet Briar"). This is one of the eight roses known to the classical authors,—the rose of Chaucer and Spenser and Milton and Shakespeare; one of the most loved of all English roses though probably a native of Persia; "the only British wild rose which has always been permitted to rank as a garden plant." Why is it a flower brings us such a wealth of endearing associations simply by its fragrance? There is not among all roses a more intriguing fragrance than the apple scented aroma of the Eglantine's flower and foliage. Few wild roses grow so happily as this one under Pacific Coast conditions. It makes a tall, handsome shrub, has pleasing and abundant foliage, bears its delightful pink flowers in great profusion for many weeks, and presents a glorious sight through fall and winter with its masses of brilliant red hips.

Wild roses adapt themselves to so many conditions! There is one, *R. virginiana*, that loves to be planted where it can catch the full sweep of salt ocean breezes. There are roses for the rock garden, dwarfs like *R. serafini* and *R. rouletti*. There are roses that love the deep shade, like *R. humulis;* there is one strange rose from Asia, *R. pomifera*, that bears huge fruits like an apple, well worth preserving, and another Asiatic whose flowers have only four petals, whereas all other single roses have five! Yes, our wild roses, so tolerant in their requirements, so willing to adapt themselves to our garden conditions are indeed a rich field for the California gardener to explore and they will yield bountiful dividends in beauty.

A Story Book House *for* Sunset Land

★

And if This House is too Small, See the Other English Cottage on Page 36, Where Floor Plans of The Story Book House will be Found

★

ARTHUR L. HERBERGER, Architect
Los Angeles, California

A LOT 35′x90′ is amply large for this cottage, which has a floor space of 940 square feet, and consists of living room, 14′6″x22′; bedroom 12′x14′; kitchen 10′x12′, with roomy breakfast nook, laundry, and bath.

Approaching this quaint home, one is impressed by its cozy look, for which its low eaves are greatly responsible. It is well proportioned; all harsh lines and sharp profiles, so common to many homes, have been removed. Exterior walls are of white stucco with a dash of tan, and an added touch of quaintness is given by the huge chimney of used brick laid somewhat unevenly. The roof is of wood shingles laid in a thatched effect.

The interior is packed full of those little thrills and surprises which make a home memorable. The general layout is not least among its pleasing features; all the rooms open into a rear hall, affording utmost privacy from the living room.

The wooden ceiling of the living room, with its large, rough rafters, slopes steeply. The rough brick chimney obtrudes itself hospitably in the form of a 4½′ wide fireplace with raised hearth. Built-in bookcases with open fronts flank the great studio window at the end of this room. The floor, and also the floor of the bedroom, are of oak and all doors are of random width pine with cross battens and old-fashioned latches.

In addition to the breakfast nook, the kitchen plan provides for refrigerator, cooler, and long drainboards, and a work table beside the range, with cases above.
—Edgar Harrison Wileman.

New Lamps for Sunset Homes

Photographed by Gabriel Moulin

Demonstrated this month at Sunset Home Institute

The lamps pictured and described on this page will be featured in Charm House, The Emporium, San Francisco, during the month of November

Above: A pleasing grouping achieved by using furniture and accessories in pairs. The lamps, of Lenox pottery (creamy white) with white silk shades, give adequate light on both sides of the damask covered love seat. Below: one of the new floor lamps adjustable to any height

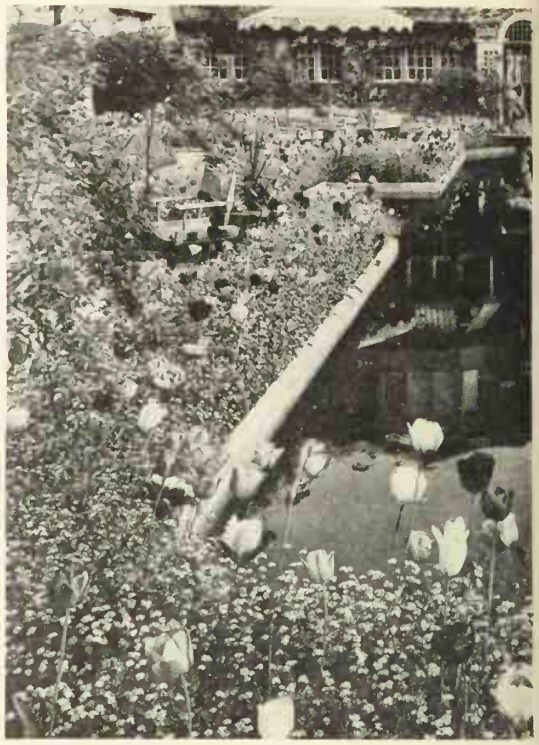
Above: This lamp of bronze Lenox pottery with white shade strikes an effective color note in this simple furniture grouping

Small Victorian vases with shades of white dotted net, trimmed with white ball fringe make most appropriate lamps for a chintz draped dressing table. White, gold or peach colored lamp shades afford the truest light for make-up and are, therefore, best for dressing table use

A bridge lamp that can be adjusted in three ways, height, arm level and focus, is the ideal one for the important business of a good game of cards. The permanent game group pictured is in antique white and mahogany. Below it is another attractive floor lamp

My Experiences in Growing

Daffodils, Tulips, and Difficult Plants in California



In the famous sunken gardens of Mr. and

IT was a rough night in Wildcat Canyon. In the late afternoon the cold, dank fog had spread over the Berkeley hills so that even before dusk homing automobiles had on their headlights and hoarsely honked as they wended their way round tortuous grades. By dark the wind had arisen, and through the frozen eucalyptus tops it was playing eerie dirges. In a tree by my lonely little adobe cabin an owl hooted. I had a presentiment of evil, and I had reason to fear with all that gold in the cellar. But the blow came quicker and heavier than I had thought possible.

A heavy truck roared up the deserted road, and before I could lock the house the front door was burst open and a harsh voice ordered me to come through with where the gold was hidden. I tried delay, but the leader of the gang cried, "We'll give him the works, boys!" and at once turned a machine gun on me with a terrific rat-tat-tat—and I awoke on the living room sofa to find my neighbor, Carl Salbach, hammering on my all too effective iron knocker, wanting to know if I could spare another California Gold, my latest iris introduction. It was all a dream, brought on, I felt, by my search for descriptive names for my new golden-yellow iris seedlings, but my wife said it was too much dinner after a day spent digging daffodils and counting with a gardener's greed the nice increase in certain fine yellow varieties with names like Golden Pedestal, Goldbeater, Golden Sceptre, Croesus, Fortune and February Gold.

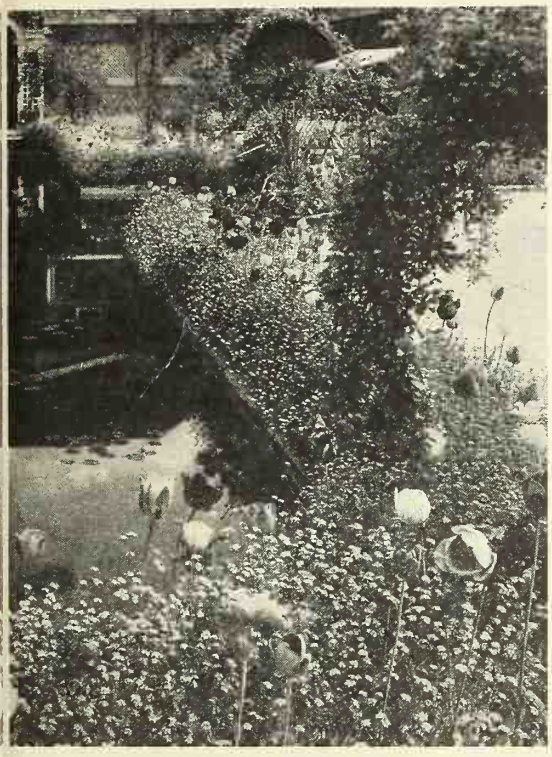
Daffodils, A Good Investment

Golden daffodils, or, for that matter, white ones as well, have been coveted and treasured by gardeners as have no other spring-flowering bulbs of our time. The narcissi, to use the botanical rather than the popular English name of daffodil, have the great virtue of usually being permanent in our gardens. It is true that in certain sections the grub of the narcissus fly eats out the heart of the bulb, while in others the microscopic nematodes, or basal rot, or the mysterious mosaic disease wreaks havoc. There is little the amateur can do except be sure his bulbs are sound when planted and not soft in the neck from grub infestation, and ruthlessly pull up while still growing and destroy any which have stunted, curved and sickly, striped foliage. Yet, while I have had losses of valuable novelties, on the whole daffodils have increased and stayed with me as have no other bulbs. A dozen Golden Pedestal imported in the second year of the depression had become more than thirty when dug this fall, and what other gold buried in the garden or even invested with great care has so tripled in that time? About eight years ago I bought twenty-five bulbs of Lord Kitchener and today, though they have only been dug and divided once, there are hundreds. Their bitter taste makes them immune to gophers and mice, who certainly have eaten many of my tulips, crocuses and hyacinths.

But apart from this there are two good reasons why amateurs should feature, as I do, daffodils in their spring gardens—one is their ease of culture, the other their earliness and long season. I found them perfectly happy in the sticky adobe of my first Stanford garden, able to endure and flourish in the stiff, rather thin clay soil of my westward-facing Berkeley garden, and here in Wildcat Canyon facing north and east, with a deep sandy loam, they persist and flower year after year. I have found that they prefer about half sunshine and half shade, and will stand full sunshine but not full shade. They are permanent in my little orchard under apple and peach trees, but I have even had them for years among thin eucalyptus, and that did not faze them. They love water when growing; I have never seen them get too much. If planted with the tops say four or five inches below the surface—the exact depth is unimportant—and kept weeded, the foliage not being cut back but allowed to dry off naturally, they are satisfied. Replant when crowded. I do it when convenient, sometimes in three years, often at longer intervals.

I Recommend These Varieties

In claiming that the season of the daffodil was long I did not mean that the flowers lasted for many weeks or that the same bulbs produced successive crops, but that by a careful selection of varieties not only would the full range of form and even of color or shade be obtained but that the season could readily be extended for six weeks or more. For some years the exclusion of foreign daffodil bulbs made this desirable choice difficult, but now we have Pacific coast grown stock in such a range and at such reasonable prices that anyone can duplicate my season. Here are some lists of varieties, the less expensive ones selected from the two hundred or more I have sometime grown. They are, for convenience, arranged in the classes made by the English specialists. Of the bunch flowered Polyanthus or Tazetta narcis-



Mrs. R. P. Butchart in Victoria, B. C.

Third Chapter in the Series

Trials of a Sunset Gardener

By

SYDNEY B. MITCHELL

sus doubtless the earliest and generally most preferred are Paper White and the yellow and orange Soleil d'Or; these often flower by Christmas or earlier when planted early or, better still, left in the ground from year to year. The rush leaved true jonquils such as the Campernelle are early and so are the yellow jonquil hybrids, Buttercup and Golden Sceptre, lovely, vigorous, prolific crosses between jonquils and trumpet daffodils: try one of these.

Of the yellow trumpets I suggest King Alfred for early and Emperor or its very popular improvement, Tresserve, for later. The yellow and white trumpets are less popular so I name only one, Spring Glory, which is earlier and far better than the old bi-color Empress. If you want a fine white trumpet daffodil try Eve or the very late Mme. de Graaff. At the other end of the scale come the poet's narcissus, white flowers with very shallow yellow, red-rimmed central discs. The earlier ones like Ornatus or Horace do better in California than the late, more moisture-loving Recurvus, but Rupert Brooke and Sonata, both late, do well here.

Between the trumpets and the poets many hybrids have been raised, divided into sections such as Incomparabilis, Leedsiis and Barriis. In the Incomps, generally yellow or white with large yellow cups sometimes edged red, I recommend Sir Watkin until the far finer newer yellows are less expensive, Bernardino, Croesus, Whitewell and, for a splurge, the lovely John Evelyn. The Leedsiis are always white, sometimes with yellow cups. Lord Kitchener is still my first choice for an inexpensive available mid-season flower, and for a second the dead white, late, but beautiful, Hera. From the shallower cupped Barriis I suggest Early Surprise, Sunrise, Seagull and the old, later Barrii conspicuus, with Firetail as still better than any of these but higher in price.

Double daffodils leave me cold, as I admire form and this they lack, but as others may feel differently I name Twink and Snowsprite as, in my opinion, the two best inexpensive doubles.

Tulips and How to Buy Them

One might liken outlay for daffodils to money spent for a good felt hat—a man's hat, of course, for women's hats are merely annuals while men's are hardy perennials and can be comfortably worn as long as one's wife will allow, passing with the seasons from best to second and ultimately, in a disreputable but comfortable old age, to garden use. Buying tulips is more like going out for a fine restaurant meal or to grand opera or the theatre. The return is quick, colorful, gorgeous, quite essential to a full life, but something to think about afterwards rather than to expect renewal without further expenditure. Of course many tulips under particularly favorable conditions and a few under ordinary ones will survive the first season and make a very decent showing a second or later seasons, but they are always at their best the spring after you buy them and I often regret my own reluctance to do the obvious thing, discard them after flowering and leave the ground at once free for summer plants. They are cheap enough to do this in most gardens. As my object is not to repeat cultural directions easily found, I will merely say they like half shade, will endure full sun, should not be given windy locations, prefer a light, rich, sandy soil and, unlike daffodils, may be planted as late as December without much deterioration, though I would always prefer to get them under ground by Thanksgiving in California.

I have tried dozens of varieties and believe the average gardener will be wise to leave the earlies and the doubles alone and put his money into the taller, later singles of the Darwin, Cottage and Breeder classes. The following selections, arranged by color, are personal but may be of help to those wading through long lists. They may not be the very best for you, but they are all good and all sturdy. In pure whites take Carrara (Cottage); for yellows Inglescombe Yellow or the paler Moonlight (both Cottage); in light bronze I think Bronze Queen is best, and if a rich, darker Breeder is wanted add the mahogany and gold Louis XIV. For orange reds Panorama and Hammer Hales (both Cottage) are hard to beat. Clara Butt (Darwin) and Inglescombe Pink and Rosabella (both Cottage) are three good cheap pinks; while in the rose and carmine shades with salmon and amber flushes Ambrosia and Dido, two wonderful newer tulips, are outstanding. In the rose and carmine reds Farncombe Sanders and Pride of Haarlem are still excellent. There are also a few fancy or edged flowers or ones of unusual form worth a trial, my selection being Picotée, Orange King, Sirène (a reflexed petalled tulip), Prince of Orange and the new and very striking Parrot variety Fantasy, with its serrated petals and flaunting beauty. I have found a dozen bulbs of one variety (*Continued on page 41*

The First of Two Articles

Growing Lilies in Sunset Gardens

By
Emma Williamson

FOR several years I have enjoyed growing lilies in my Santa Rosa garden. What I have found out about our most common varieties may be of interest to other SUNSET readers.

The soil in which lilies are to be grown is of primary importance, as good drainage is a necessity. A rather sandy loam is usually satisfactory and, contrary to some opinion, lime is not distasteful to most lilies. The two exceptions are *L. auratum* and the native *L. pardalinum*.

If the soil is naturally well drained it will not be necessary to resort to special treatment. But a heavy soil with poor aeration must be broken up to a depth of two feet and lightened with sand and leaf mold or peat before being used for lilies. Lilies will not endure soggy soil as it induces rot in the fleshy scales.

Here we must consider whether the bulbs are to be put into a special bed or used about the garden in borders and shrubbery wherever they would add to the picture. The latter is certainly the happiest arrangement where they are safe from rodents and a proper situation may be found. All lilies do well in light shade but not all require it.

What Lilies Do Gophers Eat?

There is a sharp division between the lilies that gophers and field mice will or will not eat. The white bulbs are edible, indeed they are so used in China, and the red ones bitter and distasteful. Fortunately, the regal lilies, which are among the most beautiful of the genus, are rodent proof, not particular as to soil, and may be used anywhere in the garden, except in deep shade, requiring no staking. Sulphureum and Sargentiae, both fine long trumpet varieties and the waxy petaled yellow Hansoni are also bitter and safe. By planting these varieties at large throughout the garden and confining the edible bulbs to wire baskets or a bed surrounded by wire, the garden may easily take on a lilied aspect in perfect security.

Having planned a lily planting the next thing is to get the bulbs, for although one may and should also try seeds of at least some varieties, it would not be pleasant to wait the usual three years necessary to bring these into flower. True some of the varieties, notably Longiflorum and Philippinense, blossom the second year from seed, three years is the rule except with special methods not pursued by the amateur.

The stem rooting varieties are generally planted with the top of the bulb about eight or nine inches below the surface. However, in our locality it is decidedly open to question as to whether this is necessary. In colder climes heaving and thawing of the soil must be guarded against in this way, but we are succeeding with lily bulbs four or five inches deep at the most, and it seems logical that providing the stem roots have plenty of space, this lesser depth is sufficient. Our lilies are unlikely to begin growing too early as the earth warms and there seems no other reason for deep planting here.

Buy Western Bulbs

Two lilies, Candidum and Testaceum, must be planted in the summer as they are dormant then and only for a few weeks. They should be ordered early and set at once with a covering of but two or three inches of soil. They have no roots coming from the stem above the bulb as most lilies do. The majority of lilies are best planted in the fall if they can be bought at that time. Some of the imported bulbs cannot be had until early spring, when they may be put into beds previously made ready and should flower the same season.

A thriving bulb industry is being carried on in the Pacific Northwest whence seeds and bulbs of many varieties of lilies may be bought. California, too, has its bulb farms in lesser numbers and all of these western catalogues are most interesting. The western lily farms often ship bulbs with the fleshy roots attached, a decided advantage as much strength is thus saved.

Mark Your Lilies

Three bulbs of a variety make a nice effect planted about eight inches apart for the larger varieties and a little less in such varieties as Elegans and Tenuifolium. They should, of all plants, have a marker as a safeguard when dormant, and this stake should always be put in the same position in relation to the bulbs so that the grower may know at a glance where they are situated. There is no more unpleasant feeling than cutting into a precious bulb through ignorance of its whereabouts in the garden.

As to bulbils, which are little new bulbs produced at the leaf axis, these are found on *Liliums tigrinum, sargentiae, sulphureum*, and *bulbiferum*. They become ripe and loosen about the time the flowers open and sometimes even form roots before falling. One may easily test them and when they come away very readily they are to be removed and planted, not very deep, an inch of cover is about right, in a sandy soil. These form flowering bulbs in about two years.

You may hear growers speak of scaling lilies which refers to the fact that the outer scales of a lily bulb may be removed and planted just as the bulbils are and will form a bulb at one and sometimes both ends.

Growing Lilies from Seeds

Growing lilies from seeds is both interesting and profitable, especially where a large planting is the ultimate intention. And really the average garden should easily provide room for at least fifty or one hundred bulbs, since a succession may be kept in flower all summer and they do not require an undue amount of space.

Packets of lily seed may be had from many general catalogues, at least in the ordinary varieties. But the lily specialists often have seeds of the rarer sorts and it is wise to order these as soon as the lists appear, for they may presently be sold out. I lost a year with some *L. Krameri* through negligence in this respect.

Seed may be sown in fall or spring in our climate. For the amateur, I believe pots, sunk in a cold frame, or boxes that can be covered if desired are best. The soil should be about two-thirds sandy loam and one-third very fine old leaf mold, well sifted through a one-fourth inch mesh with even finer soil for the covering. One-fourth inch of soil above the seeds will be sufficient if they are carefully watered.

I sowed seeds from the Regal lily (of my own growing) last September as soon as they had ripened, in a small lug box. They germinated in a few weeks and were kept in a sunny window of an unheated room, where they continued to grow through the winter. These plants were moved to the open ground in March to rows a foot apart with three inches between the bulbs. In August (as I write this) they are still thriving with a possibility of some bloom next spring.

Plant Sweet Peas Now For Early Bloom

A Prize-Winning Garden Movie By Mrs. R. H. Barksdale, Hollister, California. This is One of Many Excellent Garden Movies Submitted in the Recent Contest. In Subsequent Issues of the Magazine Other Prize-Winners Will Be Featured.

1. I plant sweet peas in late fall for spring and early summer bloom. This is my method. Choose a spot in your garden where the sweet peas will receive plenty of sunlight in the forenoon, but not in the afternoon.

2. Prepare your soil in early fall for the longer the ground lies turned over and in a rough state, the more mellow it will be, and the happier your sweet peas. Sweet peas require deeply dug and quite rich garden soil.

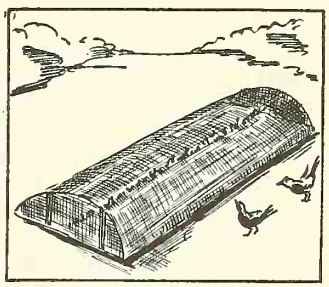
3. Mark off a space 2 feet wide and the desired length. Apply a liberal coat of well-rotted manure. Bonemeal and (in some soils) lime are also beneficial. Use cow manure if soil is light, barnyard manure if soil is heavy.

4. Beginning at one end, spade a ditch across one end of your space, removing the dirt therefrom and placing it at the opposite end of the plot. Remember sweet peas love deep spading —2 feet deep is about right.

5. Now throw the dirt from your second row of spading into the first ditch and so on until the last row, which is filled with the dirt from the first ditch. This is "trenching." Mix manure thoroughly with the soil.

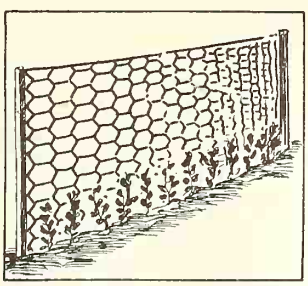
6. For late fall planting, select the Late or Summer Flowering Spencers, a strain which produces quantities of good bloom. Buy the best seed possible, getting variety of colors. Seeds advertised in Sunset are dependable.

7. Wait for a pleasant day in November or December when the clods break up easily and loosely. Then rake your soil thoroughly and plant seeds an inch apart and an inch deep. Cover and firm soil with foot.



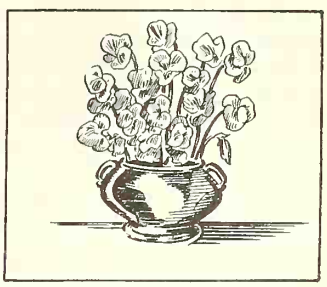
8. Watch for pests. If slugs take your first sprouts, apply one of the poison baits for slugs and snails. If birds are your enemy, cover the tiny seedlings with a screen or wire netting until the plants are well established.

9. When plants are three inches high, thin to a foot apart, pinching out the top for sturdy growth, leaving about four leaves on the plant. Now give each little vine a twig support as the wind may twist and ruin it.



10. When plants have reached a height of six or eight inches, put up the permanent support. Chicken wire of coarse mesh is good in all but the hottest climates where bamboo or string support is better. Tie lightly.

11. After the last rains, hoe well and mulch with peat moss or manure; otherwise constant hoeing will be necessary to keep soil friable. After rains cease, irrigate plants thoroughly once a week. Avoid sprinkling the foliage.



12. Now enjoy the delicate beauty of your flowers. Pick them regularly, keep seed pods picked off. When plants start flowering, apply commercial plant food occasionally. Spray regularly to eliminate aphis.

To Which Era Does Your

THERE is more than a century of progress behind the modern range that graces the modern western home kitchen. Years of cooking and baking under conditions that must certainly have tried women's dispositions as well as their backs have gone into the development, the evolution if you will, of the electric and gas ranges of today.

In the family tree of these sleek modern beauties we find the huge outdoor oven of the days of the Padres; the open camp fire of the covered wagon trains across the prairies; the fireplace, with crane and Dutch oven, of the days of gold; the homely old wood and coal range that heated up the kitchen impartially in July as in December, and that blackened pots and pans and dish cloths and hands maliciously; the early gas range, top heavy and awkward, uniformly dingy, and absolutely without control as to oven heat. And now we have, added unto usefulness and convenience hitherto undreamed, attractive colors, graceful lines, and utter cleanliness at all times.

It is good for us, if we possess a good, up-to-date range, to have the experience occasionally of cooking on a coal or wood range in camp, in order that we may appreciate what we have; and it is good for us, if we haven't a good, up-to-date range, to try one out, perhaps in the home of a friend, or in the demonstration kitchen of a local store, or the home service department of a public utility company, in order that we may appreciate what we are missing! If the stove you are using from three to six hours every day is an archaic monstrosity, or even merely inconvenient and unreliable, do, I urge you, begin now to lay plans for giving yourself a real treat in the form of a really modern kitchen range.

Whether you will select an electric range or a gas range depends, of course, upon your own personal preference and your local facilities. Controversy between "pro-gas" and "pro-electric" range users waxes almost as heated as controversy over politics, so we shall play safe and not commit ourselves! Generally speaking, rates on both gas and electricity average considerably lower throughout Sunset Land than they do in other sections of the United States.

If by good chance you are ready to go shopping for a new kitchen range, you will want to look for a number of features that are really worth while.

First and most important in my estimation is the matter of oven temperature control. Don't, I beseech you, buy a range that is not equipped with a good regulator. You may say, "I've baked for years without an oven regulator, and I guess I can get along." I used to feel the same way, but I can say in all sincerity that after using a thermostat-controlled oven for some time in a testing kitchen, I found myself actually detesting to bake anything in the unregulated oven of my own apartment kitchen range. Many a good cake and roast and pie and batch of cookies is spoiled in the baking, you know. A good recipe and careful measuring and mixing are of no avail when the oven is too hot or too cool for correct baking of the food in question.

In addition to the oven heat regulator, some ranges are equipped with time control as well. With such a stove, one may put a casserole or roast in the oven in the morning, set the clock for the time the oven is to be turned on and the temperature regulator for the correct heat, and go off to club meeting or party for the afternoon with mind entirely free from dinner plans and worries.

Insulated ovens are featured in the better new ranges. The advantages of good insulation are obvious: the heat is concentrated inside the oven instead of being radiated in the kitchen, thus saving fuel costs and promoting the comfort of the cook.

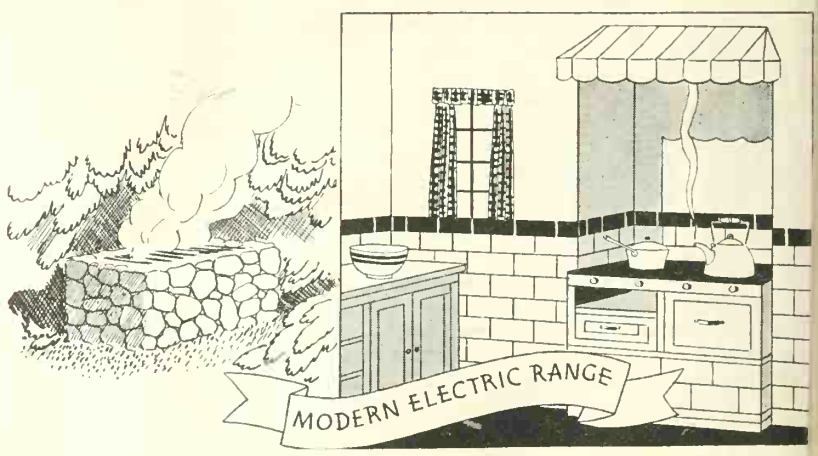
The grates, sides and bottoms of many of these new ovens are so constructed that they can be easily removed for cleaning—a worthwhile feature when

one admits that berry pies and escalloped potatoes will occasionally run over!

New indeed are the broiling arrangements in these new stoves. The pans are designed to permit all excess fat and juices to drip away out of reach of the

flames, at the same time salvaging them for use as gravy if desired.

Underneath the burners on most gas ranges is a drawer, which in addition to its ordinary use as a place to store iron skillets and the like, is most useful as a warm, moisture-proof hiding place for



Kitchen Range Belong?

Asks Marjorie H. Black

Western Home Economist

cereals, crackers, and crisp cookies. In damp, foggy sections of the West this feature is particularly appreciated, for it is too bad to let lovely crisp cookies lose their freshness and droop in sad dejection, when a little thought and

attention to their proper storing would prevent the difficulty.

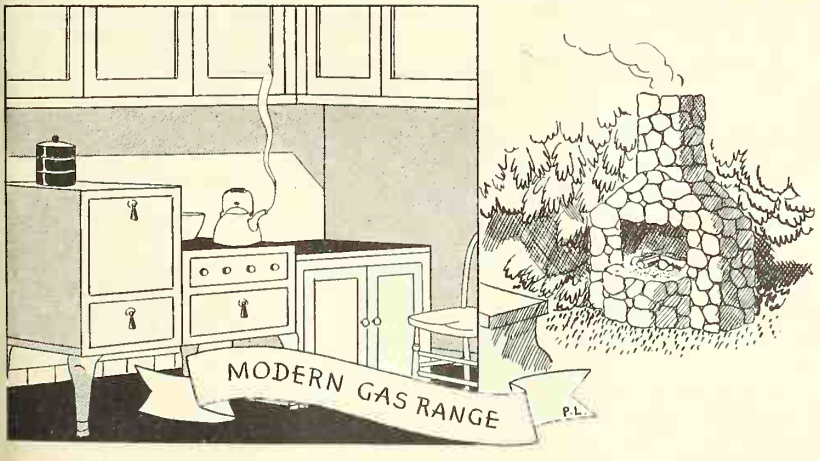
If you are buying a gas range, you will choose between a lid-top and an open-top stove, again according to your own

preference. If you elect to buy an open-top gas range, look for one with gratings so arranged that small as well as large utensils may sit securely upon them without tipping. If you get a lid-top range, you know it will take a little longer for food to reach boiling temperature, but that after the lid-top is heated, cooking will continue with a very small flow of gas, and will continue for as much as ten or fifteen minutes after the gas is turned off. It is possible also to keep two or three pots of food cooking, using the heat from only one burner. I find that a lid-top range is ideal for heating fat for deep-fat frying, as the fat is easily held at an even temperature. Be sure to find out the manufacturer's directions for caring for the lid-top if you buy that type stove, and follow them carefully for best results.

Whether you select an open-top or lid-top model gas range, do get one with a pilot light, and eliminate the nuisance of everlastingly using a match to light the gas. If you want to be decidedly up-to-date, you can get a range with an automatic lighter, so that you need merely turn on the gas and presto, it is lighted!

One apparently small improvement in range design which really looms large in importance is the treatment of the gas cocks or valve openings — in other words, the little "handles" by which we turn the gas on and off. No longer do they reach out in impudent fashion to catch and tear pockets and apron ties. Instead, they are imbedded in the manifold, which is now closed to make a solid front.

Does your kitchen have a radiator in it? Not many western kitchens that I have visited are so blessed, which explains the popularity of the kitchen-heater model gas range. You may decide upon a model with trash-burning firebox, which serves also as a heater (and do see that the firebox contains a gas outlet for igniting the trash), or you may elect to get one of the new models that is designed solely for the purpose of heating the kitchen, and not for trash burning at all. In this range, the firebox is something like a miniature gas furnace, giving off heat in an efficient manner without permitting the products of combustion of the gas to mix with the air we breathe. Heating the kitchen on cold mornings by means of the open oven is not recommended as healthful practice.



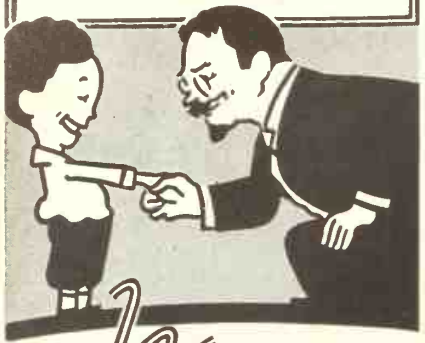
If you are deciding upon an electric range, and at the same time feel the need of occasional kitchen heating, it is possible to buy a combination electric and coal or wood range; or, better yet, buy a good portable electric heater which may be plugged into an outlet on the stove and thus take advantage of the special low rate for current used for cooking.

So far we have been considering the construction of the new ranges from the standpoint of usefulness and convenience. Now let's think about them in relation to your own particular kitchen and to your special needs.

Are you thinking of giving yourself a new deal, and redecorating your kitchen? Why not let your new kitchen range determine the color plan of the room—or, conversely, choose your range to fit your color scheme. You can get such attractive color combinations in the lovely enamel finish of the new stoves—yellows, grays, greens, mottled effects, and white, any of which will harmonize nicely with usual kitchen color combinations. If your stove and your linoleum go together well, it is easy to make the rest of your kitchen attractive.

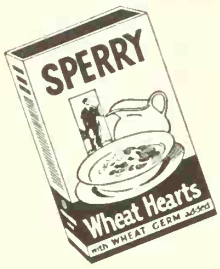
The size of the range is worth considering, in relation to the amount of cooking you are in the habit of doing, and the number of persons in your family. A medium-sized oven may be just right for a small family, but would be hopelessly inadequate for a large group. Imagine trying to get a sixteen-pound turkey for Thanksgiving, into a kitchenette-size oven! The size of the top-of-stove cooking (*Continued on Page 22*

MOTHERS: Doctor and Junior agree on this new hot breakfast cereal.



New...

Ends child objections to hot cereal



The NEW improved Wheat Hearts contains 88.4% more Vitamin B than whole wheat, yet children vote it best tasting breakfast food.

Goodbye to "trouble-at-the-breakfast-table" when your youngster tastes that first spoonful of *new* Wheat Hearts. And that, busy lady, takes a big load off *your* mind, because Wheat Hearts now contains a large percentage of pure *wheat germ.*

Just ask your doctor—he knows wheat germ as one of the richest sources of Vitamin B, the wonderful element responsible for growth and appetite. Without Vitamin B, the other six known vitamins cannot perform their functions and are worthless. Let him explain how important it is to serve your child at least 4 bowls of Wheat Hearts every week—because the new Wheat Hearts actually contains 88.4% more Vitamin B than whole wheat itself and 11½ times more than you get in ordinary farina-type cereals.

But don't forget Betty and Junior! They like Wheat Hearts, too. No more coaxing to get your child to eat cereal. The addition of succulent wheat germ gives the new Wheat Hearts a creamy richness and a nut-like flavor all children love!

NRA WE DO OUR PART

FREE ($1.50 value)
Martha Meade's Tid-Bit Tray

In beautiful lifetime chromium. Untarnishable mirror polish . . . regular silver weight. It's the new, smart way to serve sandwiches, candy or petits fours. Valuable offer made for short time only, simply to induce you to try new Wheat Hearts.

SPERRY FLOUR CO.,
San Francisco, Calif.
Gentlemen:

Enclosed please find tops from two packages of Wheat Hearts (Note: If you prefer you can send instead top from one package and 10c), for which please send me postpaid the Martha Meade Tid-Bit Tray.

Name.....

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State.....K-11

surface should be considered, too. We all know how inconvenient it is to try to fit three or four large kettles and skillets together on top of a small range.

Ranges, it seems, are all made in one standard height. It is possible, however, if you are extremely short or extremely tall, to have the height altered, either by cutting down or building up the legs of the range. The legs may be removed entirely and a cabinet built to support the range.

Before you move your new range into your kitchen, stop and consider if you should have it installed where the old one was, just because the range always has stood there, or whether a better place for it could be found. Try to place the range where a good light will strike the oven—light from a window by day, and artificial light at night.

Demonstrated this Month at
SUNSET HOME INSTITUTE

On Monday, November 13, at 2:30 p. m., Miss Marjorie Black will give a most interesting demonstration of new ideas and methods in "hot and cold" cookery—in other words, range and refrigerator recipes—in the Roof Garden Auditorium of The Emporium, San Francisco. Every Sunset homemaker in the Bay Region is very cordially invited to come and bring her friends. —G. A. C.

New ideas in cooking are constantly coming to the fore. I do not mean merely new recipes. Many of our long-established ideas as to the correct methods of mixing and cooking certain foods are being overhauled and revised by research workers, in laboratories and in honest-to-goodness home kitchens as well. Just to illustrate, here is a brand-new method of combining the ingredients of Angel Food Cake, which results in a much bigger cake than the same ingredients will yield when combined by the old method. And here are some rather upsetting new ideas on meat cookery, all thoroughly tested and approved, I assure you, before being offered to you here.

Angel Food Cake

1 cupful of flour
¼ teaspoonful of salt
1 cupful of egg whites (9-10)
1¼ cupfuls of sugar
1 teaspoonful of cream of tartar
1 teaspoonful of vanilla or
½ teaspoonful grated orange and lemon rind mixed together

Sift flour, measure and sift again with salt. Combine unbeaten egg whites with ⅔ of the sugar (or about ⅞ cupful), add the cream of tartar, and beat with a wire whisk until the egg whites are stiff enough to stand in peaks but are not dry. Sift the remaining sugar with the flour several times, and add all at once to the beaten egg whites; add the flavoring and mix well by folding, *not* beating. Pour into an ungreased angel food pan and bake about 1 hour in a moderately slow oven (325°). Allow the cake to hang in the inverted pan until cold.

The volume will be greater than when the usual method of combining ingredients is followed. The grain is not quite so fine textured, but that is to be expected when the volume is greater.

The methods of cooking meats have changed a great deal from ones we have always considered correct. For instance, it has been found that searing does not keep juices in the meat as was formerly believed; in fact, a roast which has been seared will show greater shrinkage than one which has not, also the meat is drier and has less of the rich meat flavor.

Experiments have shown that constant low temperature for roasting will give better results than constant high temperature. It is possible to place roast in a cold oven and obtain excellent results, although the time allowed must be a bit longer.

If you insist upon searing meat, for the sake of the "browned" flavor, place the roast in a hot oven (500°) for 20 to 30 minutes, then reduce temperature to 300° and finish baking.

All roasts will have a better flavor if roasted in an uncovered pan, the only exception being veal which, due to low fat content, is better baked in a covered roaster. Meat will shrink more in a covered dish than in an open one.

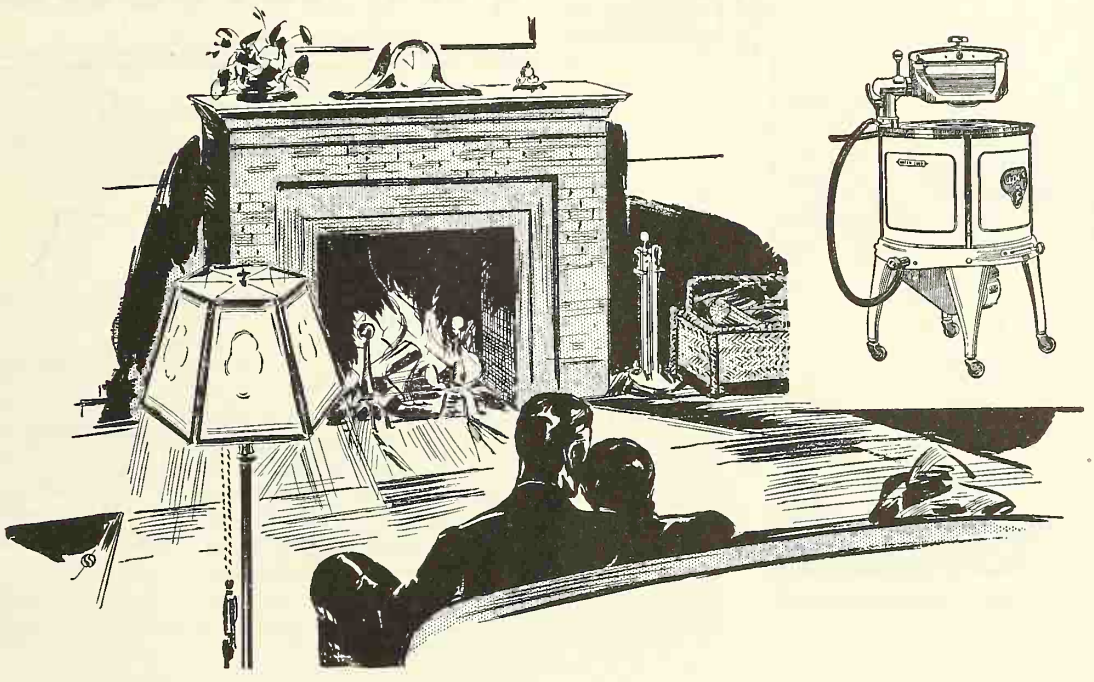
Roasts may be seasoned with salt and pepper before being placed in the oven, or if preferred after they have been in for half an hour; or part of the seasonings may be applied before putting into the oven and the remainder later.

In broiling, meats should be turned just once, rather than several times as the older directions advised. When the fat is a delicate brown and the meat looks cooked turn it over. The oven should be heated to 500° before broiling. A steak 1 inch thick will require about 10 minutes for medium rare; 1½ to 2 inches thick, 20 to 25 minutes. For single lamb chops allow 10 to 15 minutes; double, 20 to 25 minutes.

Time Table for Roasting Meat

BEEF: 20 to 30 minutes at 500°, finish at 300°.
Rare—16 minutes per pound.
Medium—22 minutes per pound.
Well-done—30 minutes per pound.
PORK: 15 minutes at 500°, finish at 300°.
Loin—30 minutes per pound.
Shoulder—25 to 30 minutes per pound.
Fresh ham—25 to 30 min. per pound.
Fresh butt—45 to 50 min. per pound.
LAMB: 30 minutes at 500°; finish at 300°.
35 minutes per pound.
VEAL: 25 minutes at 500°; finish at 260°.
25 minutes per pound.

An Apex of Happiness—



NIGHT... before your fire...

What has that to do with your washing machine?

LOGS burning brightly, lamps burning low, children in bed, you two on the davenport as you used to sit not so many years ago before there were logs or lamps or a davenport or children of your own.

You're not thinking about washing machines. Your Apex is forgotten... along with your dust cloth and scouring powder and floor mop... in the overwhelming contentment of the moment. We don't blame you. We forget about washers ourselves at such times, even though making them is a pretty big part of our business.

And yet, your Apex plays an important part in those precious moments. We're glad... glad because in lightening burdens and saving time we're inspiring more moments like these in homes like yours.

But this, after all, is an advertisement. We have products to sell... washing machines that offer more downright value than you'll find in any others. We have them in models for every purse ... in wringer and wringerless types... each with outstanding and exclusive features... and each "An APEX of Happiness".

● AND SO, perhaps, we may be forgiven for mentioning them, and for suggesting that if there is no *modern* washing machine in your home, you visit your nearest Apex dealer, whose name we will gladly send you.

NRA MEMBER U.S. WE DO OUR PART

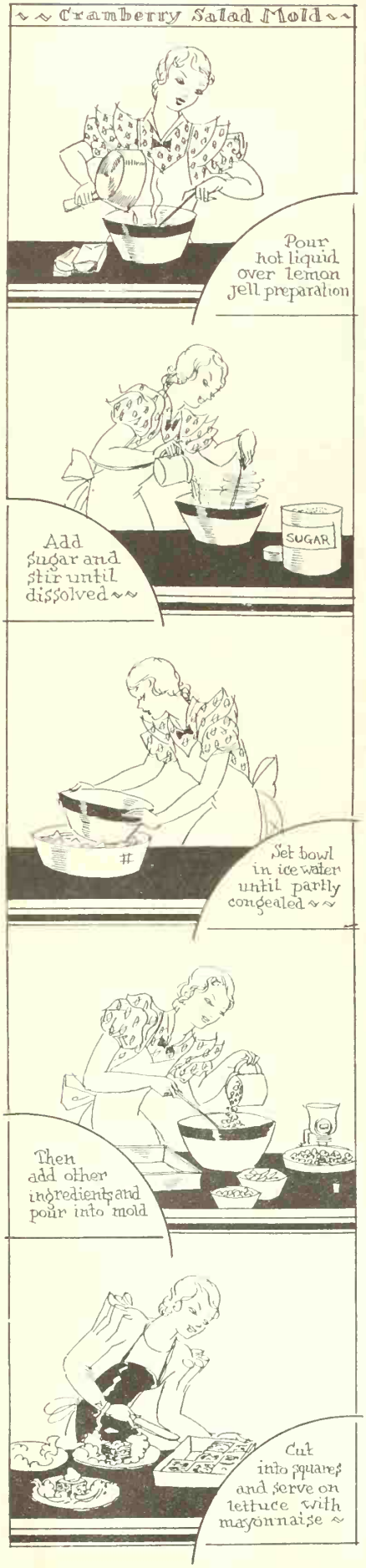
Apex

WASHERS • IRONERS • CLEANERS • REFRIGERATORS

MORE THAN TWO MILLION IN USE

APEX-ROTAREX MANUFACTURING COMPANY • OAKLAND, CALIFORNIA

Subsidiary of Apex Electrical Manufacturing Company, Cleveland, Ohio


Cranberry Salad Mold
Pour hot liquid over lemon jell preparation
Add sugar and stir until dissolved
SUGAR
Set bowl in ice water until partly congealed
Then add other ingredients and pour into mold
Cut into squares and serve on lettuce with mayonnaise

The Kitchen

TRADEMARK REGISTERED.

These recipes are designed to be clipped and mounted on cards for your recipe file, or they may be pasted in your cooking scrap book

Cranberry Salad Mold

(*Illustrated on this page*)

2 packages of lemon-flavored gelatine
3 cupfuls of hot liquid (water and pineapple juice mixed)
½ cupful of sugar
1 cupful of crushed pineapple, drained
1 cupful of celery, ground or cut fine
1 pound of uncooked cranberries, ground
½ cupful of nuts, chopped fine

FOR SUNDAY DINNER

Fried Chicken and Gravy
Buttered Noodles — Green Peas
*Cranberry Salad Mold
Olives — Sesame Rolls
Date Bars — Coffee

Heat the liquid drained from the crushed pineapple with enough water to make 3 cupfuls of liquid. When hot (but not boiling) pour over the lemon jell preparation, add the sugar, and stir until thoroughly dissolved. Set bowl in a pan of ice water until the liquid begins to congeal, then fold in the other ingredients and pour into a large shallow pan. Chill until firm. To serve, cut in squares and serve on lettuce, with mayonnaise thinned with sweet cream, or made fluffy with whipped cream. Serves 12.—Mrs. H. M. S., Los Angeles, California.

Tuscany Vegetables

6 tablespoonfuls of fine salad oil
1 medium-sized onion, sliced very thin
1 small green pepper, sliced lengthwise, very thin
1 medium-sized golden yellow crookneck squash
3 large ripe tomatoes

A TOP-OF-STOVE DINNER

Lettuce with French Dressing
Swiss Steak — *Tuscany Vegetables
Bran Rolls — Chili Sauce
Spice Cake — Coffee

Into a heavy frying pan (with a tight-fitting cover) put the salad oil, and add the vegetables in layers, as follows, dusting each layer with salt and pepper. Over the bottom arrange the sliced onion, then the green peppers, then the squash, prepared as follows: wash but do not peel it; slice in ¼-inch slices, removing the seedy section from the center part of the squash, but leaving the end portions in solid slices. Over the top arrange the sliced tomatoes. Add 4 tablespoonfuls of hot water, cover tightly, and cook slowly on top of the stove or in the oven (350 degrees) for about 45 minutes. The vegetables should be tender but whole, and when turned out on a heated vegetable dish they present a very colorful and appetizing appearance.—Mrs. F. M. C., Portland, Oregon.

Emergency Corned Beef de Luxe

MY PET EMERGENCY DINNER

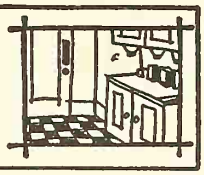
Crab Cocktail
*Emergency Corned Beef de Luxe
Escalloped Corn — Harvard Beets
Carrot Salad
Quick Chocolate Pudding
Cheese and Crackers — Drip Coffee

With a can of corned beef in the refrigerator, unexpected company at 5:30 in the afternoon holds no terror for me. The following simple recipe comes to my rescue. I have served it dozens of times, and not once have guests failed to ask for the recipe. Here it is:

1 tin of corned beef
2 cupfuls of cracker crumbs
1 egg, slightly beaten
Prepared mustard
Shortening for frying

When ice-cold, one tin of corned beef can be cut into 11 or 12 slices, yielding enough to serve six persons. When you have sliced it, spread the slices generously on both sides with mustard. Then dip into the beaten egg (to which a spoonful of water has been added) and then in the cracker crumbs. Be sure the slices are well crumbed. Heat a generous amount of shortening in a large heavy frying pan, and when it is very hot put in the slices and fry them a golden brown on each side. The slices will brown in a little over ten minutes. Remove to a hot platter, and keep hot in the oven until needed. They can stand indefinitely and will be just as delicious as when first made. Serve garnished with slices of orange topped with a bit of jelly or slices of sweet pickle. This is a delightful main dish, and the meat costs anywhere from 11 to 20 cents for six persons!—Mrs. C. F. D., Monrovia, California.

Cabinet ~



U. S. PATENT OFFICE

Will you share your favorite recipes with other Sunset readers? $1 is paid for every recipe published. Address The Kitchen Cabinet, Sunset Magazine, San Francisco

Veal Turbans

(*Illustrated on this page*)

6 strips of veal round, about 6 inches long, 2 inches wide and ½ inch thick
¼ pound of lean salt pork
1 cupful of dried bread crumbs
1 tablespoonful of chopped onion
2 tablespoonfuls of chopped green pepper
¼ cupful of milk
1 egg, slightly beaten
Salt and pepper

A PRETTY PLATE DINNER

*Veal Turbans with Tomato Sauce
Escalloped Potatoes
String Beans — Pickled Peaches
Hot Rolls — Blackberry Jelly
Orange Icebox Cake — Coffee

Butter 6 individual custard cups and line each with a strip of veal which has been sprinkled with salt and pepper. Chop the salt pork and combine with other ingredients, mixing well. Fill this mixture into the cups, pressing in lightly. Set the cups in a shallow pan for convenience in handling; add a tablespoonful of water to each cup, and put into a moderate oven (375 degrees) to bake for an hour. When ready to serve, turn out on a hot platter, pour tomato sauce over and around the turbans (do not completely cover them with it, however), and garnish with parsley.—R. L. C., San Rafael, California.

Stuffed Tomatoes Unusual

It is always a pleasant surprise to come upon the crispy slices of water chestnuts in these stuffed tomatoes, for they retain their crispness even though cooked. I prefer the fresh ones found in the Chinese markets, but the canned ones may be used very nicely. Here is the recipe:

4 Chinese water chestnuts
½ cupful of cooked celery, cut fine
½ cupful of chopped hard-cooked eggs
1 cupful of thin cream sauce
4 medium-sized tomatoes

FOR A CHILLY EVENING

Baked Pork Chops with Dressing
*Stuffed Tomatoes Unusual
Cabbage Slaw
Hot Rolls — Plum Butter
Fruit Jell Dessert — Drop Cakes
Coffee

Peel the chestnuts, cut in thin slices, and let stand in cold water until ready to use. Prepare the cream sauce (2 tablespoonfuls of butter, 1 tablespoonful of flour, 1 cupful of milk). Add the cooked celery, chopped hard-cooked eggs, and water chestnuts, and season to taste with salt and pepper. Remove centers of tomatoes and fill shells with the mixture. Sprinkle the tops with minced parsley, and bake in a moderate oven (375 degrees) until the tomatoes are tender—about 30 minutes.—Mrs. B. M. E., Seattle, Washington.

Baked Prune and Orange Pudding

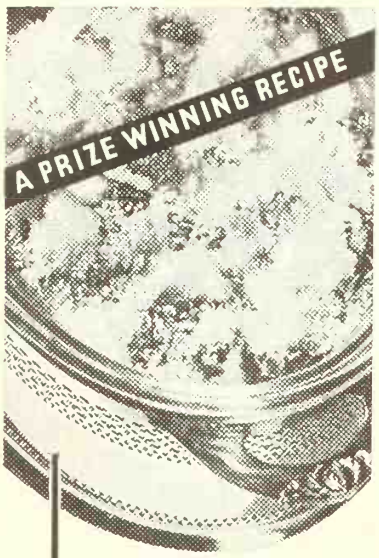
2 cupfuls of cooked prunes
2 medium-sized oranges
2 dozen marshmallows
½ cupful of sugar
¼ teaspoonful of ginger
¼ teaspoonful of cinnamon
1½ cupfuls of soda cracker crumbs
1 cupful of prune juice

A DELICIOUS DINNER

Lettuce and Watercress
with French Dressing
Pot Roast of Beef
Mashed Potatoes
Escalloped Tomatoes
Bread and Butter — Pickles
*Baked Prune and Orange Pudding
Coffee

Remove pits from the prunes and cut small. Peel the oranges, cutting away all the white membrane, and cut into small pieces. Cut the marshmallows small, using wet scissors. Mix the sugar, ginger, and cinnamon. In the bottom of a buttered casserole (the one I use is 8 inches in diameter and 3 inches deep) place a layer of cracker crumbs; add a layer of prunes, then a layer of chopped orange, and half the sugar and spice mixture. Add the remaining cracker crumbs, prunes, oranges, sugar and spice, and scatter the cut marshmallows over the top. Pour the prune juice over all, cover the casserole, and bake for 35 minutes in a fairly hot oven (400°). Serve warm or chilled, with cream. Makes eight generous servings.—M. P., Glendale, Washington.

Veal Turbans
Line buttered custard cups with strips of veal.
Combine other ingredients in order given
Fill cups with crumb mixture, pressing down lightly
Set cups in pan and bake 1 hour at 375°
Pretty enough for a party!
Ruth Taylor White
Turn out, and serve with tomato sauce and parsley.



hash

a la Tillamook

Prepared by Miss D. Kuenneman, Los Angeles

Hear the Tillamook Dairy Maid announce more prize winners, NBC Woman's Magazine of the Air, Fridays, 11:10 a. m.

★ Give new flavor to hash the next time *you* serve it. Get this recipe, and 53 other prize winners in our FREE 1933 booklet. Use coupon below.

Tillamook is the finest cheese for cooking because it has never been re-cooked or re-worked. Still so low in price it offers a remarkable food value. A country-made cheese with all the cream left in. Quality that wins in competition with cheese from all over the United States! To be sure you get the genuine, look for the name.

★

Food values of nearly 5 quarts of milk in every pound

WRITE FOR PRIZE RECIPES

TILLAMOOK DAIRY MAID, Portland, Ore.
Send me the recipe for Hash a la Tillamook contained in the new 36-page booklet of prize recipes compiled by Miss Genevieve Callahan. This is FREE, of course.

Name _____

Address _____ 8m

Sunset KITCHEN RANGERS *Club*

Corned Beef and Cabbage

SOME cooks may be "born," but I still believe most of them are "made." I belong to the latter class.

It used to be considered rather effeminate for a man to be a good cook; that is, unless he was a so-called "chef." Today all this is changed. Men who can cook don't hide their particular talent under a bushel basket; they brag about it. And I am no exception—I like to tell the world about the good things I can cook, and so I am begging for membership in the Kitchen Ranger's Club. May I come in?

On corned beef and cabbage I have built my reputation as a cook. Here is my recipe for the corned beef:

3 pounds of best brisket beef, not too fat
1¾ tablespoonfuls of brown sugar
3½ tablespoonfuls of salt
1 piece of saltpetre, the size of a large navy bean. (This is to make the meat red. It may be omitted.)

Wipe the meat with a clean damp cloth; mix the spices and put with the meat. Place all in a large crock or enamel kettle, and add enough water to come just over the top of the meat. Set away for 24 hours, then turn meat and again let stand 24 hours, when it will be ready for cooking. Place meat and pickling-brine together in a good-sized kettle with a well-fitting lid. As the meat will have absorbed some liquid, it will be necessary to add water to cover thoroughly, then bring quickly to a boil. Now turn gas low and cook slowly for from three to four hours. When done, remove from fire, put meat on a platter or large plate, place another plate and a weight on top, and set aside to cool. (Save the broth.) When cold the meat will slice beautifully, and look attractive when served. I always cook the meat the day before I give the dinner, because of the slow cooking and time required.

So much for my corned beef. Now for the rest of the dinner, which, by the way, I serve only at "stag" affairs, at which time I usually have three guests besides myself. The amounts herewith given will serve nicely and well four hungry men. For the rest of the dinner you will need:

2 medium sized heads of cabbage
1 medium sized onion
Pepper to taste
10 medium sized potatoes (do *not* peel)

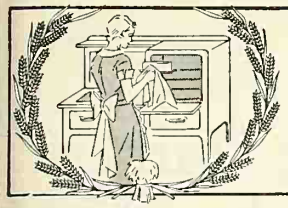
Since I serve my dinner at seven, I start my cooking at least an hour before. I dislike hurry. I begin by putting on the broth in which the meat was cooked the day before, adding the onion to this. When the water boils, I add the quartered and washed cabbage, and cook this about 30 minutes. As soon as cabbage is on, I wash the potatoes, and put these on to cook, unpeeled. About 30 minutes for these will be right—maybe a little longer. Of course you understand, the potatoes are boiled separately—not with the cabbage. A few minutes before serving time, pour all the water off them, leaving them in the hot kettle, and cover tightly. They will be improved in flavor and texture by this treatment.

While things have been "going on" in the kitchen, I have been busy getting things done at the table. I have laid a colored linen cover, placed napkins, silver and glassware; I have put on the table both rye and white bread, sliced, a small cruet of vinegar, and a dish of sliced dill pickles. The plates are stacked on the corner of the table nearest the kitchen door; they are of the variety known as grill plates; they are large, with "compartments," and a great convenience for plate-dinners.

When my guests arrive, I greet them, bid them make themselves at home, and they do so at once. It's a man's party—no formalities, just friendship, goodfellowship. Each man is told to get his plate, march out to the kitchen stove and be served. I dish it out—they do the rest! If they want a second helping, they get it, themselves. No fuss, a lot of fun, this a simple meal—a typical "man's dinner."

Perhaps some of you wonder about drinks served. Well, before Repeal I served coffee, made at the table and in the cup: a teaspoonful of instant coffee, boiling water to fill cup, and, presto! coffee. Delicious coffee. Since Repeal it has been 3.2 beer for those that care to have it. Let conscience or preference in this be your guide. Either goes well with a boiled dinner.

Rangers, try my recipe for corned beef and cabbage, and if it isn't as fine as I am telling you it is, I'll swear, I'll never again brag about my cooking!—Edward J. Diehl, Los Angeles, California.



GLOBE "A1" KITCHEN CLUB

RUTH ADAMS, *Director* . Radio Meetings every TUESDAY and THURSDAY 9:30 A.M. . DON LEE CHAIN

A new "Meal-in-a-dish" that's different...

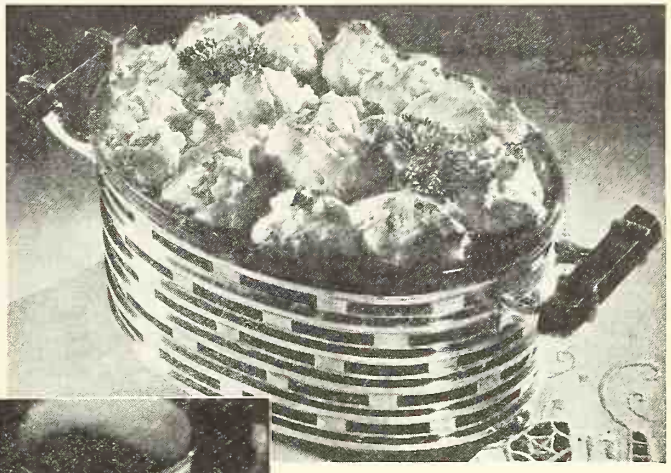
"Chop Suey Pot Pie!"

(From MRS. H. N. TICE, Los Angeles, a prize-winner in our recent contest)

2 lbs. fresh pork shoulder, or 1 small stewing chicken
1 small can button mushrooms
1 stalk celery 3 medium onions 1 bell pepper
½ lb. bean sprouts, or asparagus tips
½ tsp. salt 1 tbsp. brown sugar 2 tbsp. Soyu Sauce
2 tbsp. GLOBE "A1" Flour

Tomato Biscuit Crust for Top

1 cup GLOBE "A1" COMPLETE BISCUIT FLOUR
½ cup tomato juice (about)



COOK MEAT until tender, reserving the broth; there should be about 3 cups of liquid. Cut meat in small pieces. Add celery, onions, and green pepper, all cut in small pieces, to the broth and cook until vegetables are tender. Add salt, brown sugar, Soyu Sauce, meat, mushrooms, and bean sprouts, and simmer mixture one-half hour, adding more water if necessary to barely cover. Mix flour to a paste with a little cold water, and add to the mixture to thicken the liquid. Pour hot mixture into a casserole. Now mix Globe "A1" Complete Biscuit Flour with tomato juice to a soft dough and drop with a spoon on top of the Chop Suey mixture. Place in a hot oven (450 degrees), and bake until crust is brown (about 20 minutes).

A MAN'S DINNER

★ Chop Suey Pot Pie
Boiled Rice
Shredded Cabbage and Pineapple Salad with Sesame Mayonnaise
Snow Pudding
Orange Custard Sauce
Coffee

Our Globe "A1" Kitchen Club is off to a great start!

Would you like to exchange recipes with women all over California?... and compete in little contests now and then?...and learn all the new time-saving quirks of home making? ...Then hurry up and join our Globe "A1" Kitchen Club...radio meetings every Tuesday and Thursday morning at 9:30, over the Don Lee Chain! Director Ruth Adams (center) and Assistant Directors, Winona Peterson (left) and Helen Farquhar (right) have some ideas on cooking that are worth hearing! So listen in!

Stuffed Luncheon Biscuits...*another prize winner*

(From MRS. J. E. WARREN, Stockton, Calif.)

Make six large size biscuits by using 2 cups of GLOBE "A1" COMPLETE BISCUIT FLOUR moistened with ½ cup of milk or water. Stir, knead on floured board for one minute, roll out to one inch thickness, cut into three-inch rounds, and bake in a hot oven 425 degrees about 15 minutes. When biscuits are cool break in half, scoop out the inside and fill with the following mixture—which has been mixed in the order given and well blended:—

⅓ lb. American Cheese, mashed or ground; ½ green pepper, finely chopped; 1 green onion, finely chopped; ¼ cup stuffed olives, finely chopped; ¼ cup GLOBE "A1" Sesame Oil; ¼ cup tomato sauce.

Then replace tops and wrap each biscuit with wax paper, or place all in a paper bag, and reheat in a very slow oven about 30 minutes.

AN INEXPENSIVE LUNCHEON

Tomato Bouillon with Croutons
★ Stuffed Luncheon Biscuits
Butterscotch Tapioca
Coffee

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☐ Globe "A1" Kitchen Club News and Recipes
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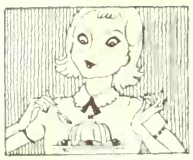

It's mostly their eyes that are hungry!

When dinner's as hearty as it often is at your house, the *lightest* of desserts is the rightest. But we're not going to weigh you down with proofs about proteins and vitamins *(sigh of relief goes here!)*

. . .

So . . . please see the beauty of keeping a little parade of Jell-well flavors on your pantry-shelf!

Every time you walk past 'em you're reminded that tomorrow's another day; your Dear Family, and their love of "little treats," will be on hand as usual, ready for the satin-smooth texture and delicate flavor of Jell-well.

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JIFFY-LOU . . . (Jell-well's little sister) can be made at the very last minute and served either hot or cold. 3 flavors . . . chocolate, butterscotch, vanilla.

All About Your Thanksgiving Turkey

By Bertha E. Shapleigh

THE turkey was chosen by our ancestors, the early settlers of this country, to adorn the table at Thanksgiving. The turkey was a wild bird and flew north from its home in Mexico. It proved a delicious game bird, and gradually became domesticated; but beyond raising one or two for Thanksgiving and Christmas, it was not generally eaten at other times of the year. The turkey is a hard bird to raise, especially in New England, as rains kill the young ones. New York markets today are supplied largely from Texas which raises very fine ones. I never have eaten finer turkeys than those which I have had in California, raised on the western farms.

Roasting is the usual method of cooking, but boiled turkey with an oyster sauce is a favorite at other times of the year than Thanksgiving Day. Turkey broilers are a great delicacy, but are not found in markets; the hotels and restaurants of the finer sort take them, and on the menus "broiled turkey" is priced at four dollars.

Large turkeys for roasting, weighing sixteen to twenty pounds, are excellent for a large family, but for a small family there is nothing better than a ten pound hen turkey. It may not be as handsome to look at as a "cock," but is usually very tender and delicious.

In choosing a turkey do not be guided by appearance entirely; the dark skinned bird is often a better flavored turkey than a smooth yellow skinned one. But be sure that the breast is plump, and the legs not too large. Also that the legs and wings, when tried, move easily and are not tightly bound to the body. Have the butcher pull the tendons from the legs, and not cut the lower leg and foot off too far up. If it is, the skin draws back in roasting and the bone is left exposed.

As to the number a turkey will serve when carved at the table, that largely depends on the carver. If he knows the joints and separates them easily from the bird, and then carves the breast into thin slices, not large pieces, a ten pound turkey will serve twelve persons, and there will even be some left to serve cold or "made over" for another meal.

Personally, in choosing a turkey I would rather leave it to the judgment of my butcher if I have confidence in him.

To prepare for roasting, singe off any hairs on the bird, (a gas burner, a twist of newspaper, or a little denatured alcohol poured on a board may be used to supply the flame for this purpose), and remove all pin feathers. Look inside the turkey and be sure the lungs and kidneys are removed; as they cling to the the bones, the fingers must be used to remove them. Remove excess fat from inside the bird. Place turkey in a pan of hot water and thoroughly wash inside and out, sometimes using a small scrub brush to help in removing the pin feathers. Cut out the small yellow oil sacs on top of the tail piece. Remove from the water and dry carefully with a clean cloth. Sprinkle lightly with salt on the inside. If the neck is cut off close to the body, the bird can be trussed to make a better appearance on the platter when brought to the table. Put neck, gizzard, liver and heart on to cook in a saucepan of cold water. If the market man has not cleaned the gizzard, cut it open on one side, remove the contents, and wash thoroughly. Whether the giblets (gizzard, liver and heart) are to be chopped and added to the gravy, or chopped and put into the stuffing, they must be boiled first. The water in which they cook can be used for basting the turkey as it roasts.

The turkey is now ready to stuff. (Some persons always speak of the "dressing," but "stuffing" is the better word.)

Several years ago I had occasion to write a short article on the stuffings used for turkey and other poultry, and was surprised to find how many kinds there are. No matter how good a stuffing may be, the one we were "brought up on" is the one for the Thanksgiving turkey.

The stuffing used in our family (which came from Maine) I have already given in a previous article. It was composed of cracker crumbs, hot milk, seasonings, butter, and egg. Bread is the foundation of most stuffings, either the crumbs from a stale loaf, or bread soaked in water until soft, then the excess water squeezed from it. To this is added seasonings.

If a dry stuffing is to be used, fry a chopped onion in bacon fat or butter, then add bread and seasonings. Use plenty of butter to moisten the crumbs; in fact, follow Henrietta Soule's advice to "use all the butter you can afford, then shut your eyes and put in another

The Homemakers' Bureau makes a Gift Suggestion

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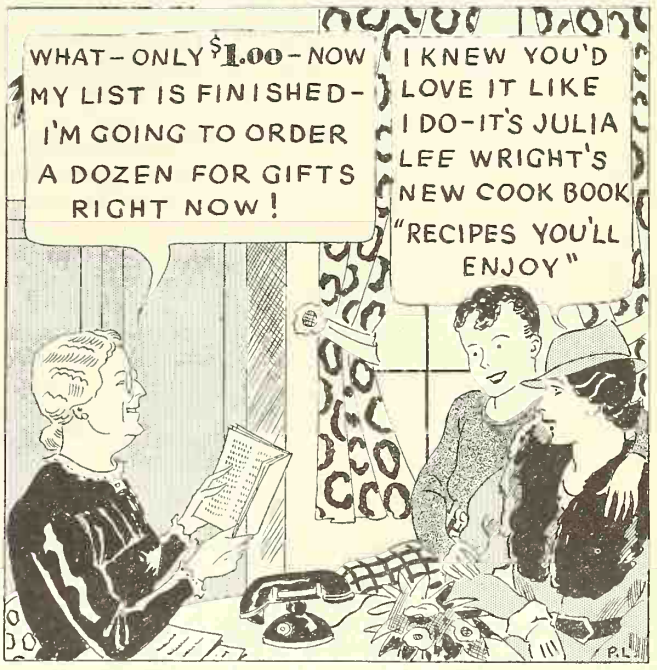
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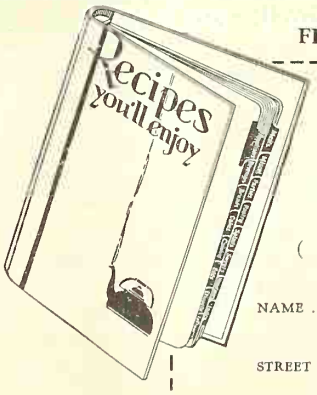

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Mrs. Julia Lee Wright,
Safeway Stores Homemakers' Bureau,
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Dear Mrs. Wright:

Please find enclosed $1 for 1 copy of "Recipes You'll Enjoy" and 15¢ to cover mailing cost. I desire the washable cover in

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NATIONAL BISCUIT COMPANY

Uneeda Bakers

piece." Use at least half a cupful of butter. For a ten pound turkey four cupfuls of bread will be needed. A tablespoonful of sage or thyme and half a tablespoonful of salt will season the bread palatably, though more may be needed.

If the stuffing is to be moist, soak a small loaf of bread in water; stale baker's bread is best. When bread is soft, press out all excess water, and break into very small pieces. Cook onion in fat as for dry stuffing, add bread, and cook it for a few moments; moisten with boiling water or a little of the water in which giblets were cooked. Add seasonings to taste, and one egg slightly beaten. In stuffing the turkey, do not stuff too full; it will swell in cooking and is likely to run out.

For an oyster stuffing, moisten the bread with hot oyster liquid, and add ten or twelve oysters. Of course the seasonings for this will not be the strong herbs, but simply butter, salt and pepper. Where chestnuts grew plentifully, the nuts were broken into bits and added. French and Italian cooks like to make the stuffing entirely of chestnut puree. For this, large chestnuts are shelled, blanched, and boiled until soft; then they are mashed, and a little onion which has been cooked in butter, and seasonings of salt and pepper, are added. Add half a cupful of melted butter, and thoroughly mix with the chestnut puree.

New England people of olden days always grew sage, and had it freshly ground for the Thanksgiving turkey. Other parts of the country use thyme or thyme and sage mixed. Mixed poultry seasoning comes in cans, and is of course easier to use.

After the stuffing is in the bird, the opening should be sewed together with white cord and a heavy needle; if the skin has been cut at the side of the neck, sew that, after a little stuffing has been put in to fill it out. Turn back the skin on the neck and fasten it with a stitch or two to the back—this, of course, applies only if you have cut off the neck as suggested above. Now have a long piece of fresh string; cross the turkey's legs where the feet have been removed, tie the string around them leaving two ends of equal length. Pass these ends once around the tail piece, cross on the back of the bird, pass under each wing, one string on each side, drawing the wings close to the body, and tie. The turkey is now ready to roast. If you have no rack in your roasting pan, an old tin pot cover or pan in which you have punched holes will do very well. Any roast should be raised from the bottom of the pan, so that the basting may drip over it and there will be less danger of its burning or becoming too brown on the bottom. Place the turkey, breast down, for the first half hour or more, then turn it on first one side and then the other, and leave the breast

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to brown evenly the last hour of cooking. The oven should be *hot* (450 degrees F.) when the bird is put into it, and no liquid is to be added until the skin is beginning to brown. After the liquid is added, baste every fifteen minutes for the first hour, adding salt and melted butter each time. Reduce the heat to 350 degrees after the first half hour, and cover the bird with paper if it gets too dark in color. (Some recipe books say to spread a paste of butter and flour over the bird before placing it in the oven). If there was much fat in the turkey, place it on the back of the bird when you put it into the oven. Do not put flour in the pan; it is much better to allow the liquid to brown, and the flour can be added when making the gravy.

From two to four hours must be allowed for roasting, depending on the size of the turkey. Chefs and some cook books say that one and one half hours will be sufficient time to roast a ten pound turkey, but two and one half hours will make the meat much more tender.

Some housekeepers like to use covered roasters, but to my mind there is nothing to take the place of an open pan and basting by hand.

When the turkey is cooked, remove to a platter and place where it will keep hot; cut the string and pull out the thread used in sewing and trussing. The garnish may be nice fresh celery tops, or tiny grilled sausages; avoid having the garnish in the way of the carver.

The gravy is an important accompaniment. It should be made in the pan used for roasting, so that every particle of juice or bits of the bird may flavor it. For a pint of liquid in the pan, measure four tablespoonfuls of flour and mix to a thin paste with cold water. Add to the liquid in the pan, stirring constantly until well blended, to keep it from lumping; season with salt and pepper to taste, and cook (actually boil) for fifteen minutes. If it seems thick, add boiling water. Strain and reheat, adding chopped giblets if desired.

The "fixin's" are to one's taste. Cranberry sauce is almost a necessity, and onions, nice white onions, tender but whole, with butter and enough cream to moisten. Mashed potatoes, light as a feather, one green vegetable, and crisp celery, leave nothing to be desired! I hope you will enjoy a number of turkey dinners this year.

to use your electric pad at low heat to raise your dough for bread or rolls. Place the pan on a rack over the pad and cover closely.

Here's a new note for that dinner to-night!

une Whip
a Prune
ia Bake
California Prune Whip
3 cups cooked California Prunes
4 slices pineapple
1 cup combined prune and pineapple juice
1 tablespoon granulated gelatin
18 marshmallows
½ pint whipping cream
1 teaspoon vanilla
Pit prunes and cut into pieces. Cut pineapple into pieces. Soften gelatin in ¼ cup of the fruit juice; heat remaining juice to boiling and dissolve softened gelatin in it. Cut marshmallows into pieces; whip cream, when the gelatin begins to set, combine with other ingredients, blending thoroughly. Chill, and serve in glasses. Serves ten.

Try it—then send for new Recipe Book—See how many new ways you can serve California Prunes—Read about the "7-Day Bowl"—Here's a very simple answer to the menu-variation problem

California Prunes—variety fruit deluxe! Note here the suggestions offered for "toning up" plain meals. Then get recipe book and try others—many from one basic recipe (see "7-Day Bowl" description below) for here's the new way to vary menus and vary them deliciously and attractively. New salads—desserts—a compote—and many another. All *easy* to make, and quickly made—and oh, so good to eat.

California Prunes are good food for the system. This natural fruit-food is fully ripened on the trees in the favored California sunshine. Prunes contain these essential elements: Vitamins A, B and G; minerals (iron, calcium, phosphorus) that build blood, bone and tissue; natural fruit sugars easily digested for quick energy; and, as every one knows, prunes help regulate the body in a mild, *natural* way.

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Send the coupon today for the new, attractive recipe book which shows how easily and quickly these many recipes can be made from the "7-Day Bowl." But, meanwhile, try California Prunes as suggested above, or your own favorite way.

Read here about the "7-DAY BOWL"

When you receive your recipe book, mark your 7 favorites. Then cook a week's supply (full directions are in the book). Place this 7-day bowl in the refrigerator and from it prepare one of your favorite 7 recipes each day for a week. Note the great variety offered—the possibilities of serving a *new* delight every day.

Here's a real adventure in meal preparation—a real answer to the monotonous-menu problem. Send for *free* Recipe Book NOW!

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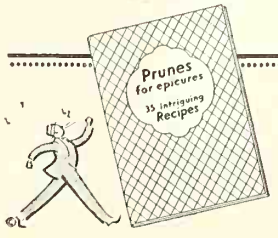
EVERY DAY IN SOME WAY



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Localize Your Beauty Treatment

Urges

Barbara Lenox

Sunset Beauty Editor

WITH smart department stores offering all kinds of temptations for home beauty treatments, and with prices sane for merchandise of quality, the problem of winter care of the skin is comparatively simple. The beauty world is brimming with ideas for making women of all types and all ages interesting and charming, and whether it is eyes or nails that need to be beautified, there is a new and exciting way of doing it.

In selecting your beauty aids, it is very important to make sure that your treatment is suitable for the environment in which you live, for otherwise you may be disappointed in the result of your efforts. In many sections of the West, for instance, we have hard water and dry atmosphere, two factors which dry the natural oils in the skin. If you should use a strong astringent, or a drying product in such an environment, your skin would wrinkle, peel, coarsen and do all sorts of unpleasant things, and it would not be the fault of the product but of unsuitable use. In a dry atmosphere such as we find in sections of California, Arizona, and Nevada, we need beauty aids which counteract dryness, and keep the skin soft and supple. This sounds simple and obvious, yet it is surprising how often women use a drying product on a dry skin, and in a dry section, with results that are almost tragic.

One reason for this is that there has been very little information given out in regard to Western skin care. Many of our beauty products are made in the East where water is generally soft and air is moist. Alkali water, rainless summers, and altitudes that range from the highest point in the United States to the lowest, affect our hair and skin tremendously. One of the main reasons why we have this beauty department in SUNSET, is to show you how to counteract these conditions, because naturally someone living in New York could not know how terribly drying our weather and water can be. When you read an article or a booklet telling you to use a certain product, be sure it is written for the West, or better still, ask someone in the beauty section of your local department store whether the product described is suitable for your type of skin, and your environment. You will find this a saving both to your skin and to your pocketbook.

Every skin is of course different, and every city in the West varies in regard to altitude, dryness, and hardness of water, but your treatment will be successful if it helps the skin to function normally, if it protects the skin against unnatural environment, and if it supplies secretions when these are deficient. When the oil manufactured by the oil glands of the skin is dried up faster than it is made, the skin naturally becomes parched, and wrinkled, and old. It sounds simple to say that if oil is lacking in the skin, one should supply oil, but often this fact is overlooked. Creams and oils in the dry sections of the West are necessities, and not luxuries. If you live where the sun is so bright that lines form all around the eyes like sun's rays, from squinting too earnestly, have the wit to put back the oils into your skin as fast as they are dried out. Have a warm oil facial, use eye creams at night and protective creams during the day, and if you wash with soap and water, be sure to soften the water with soda, or a softening solution. Now that the rains are beginning, why not some rain water? It's grand for hair and face. Remember always that if you do not keep your skin soft and supple, that old boogey man called Age will surely get you, because a dry skin is an old skin.

There are many types of dry skin, and we have so far covered only one. Low vitality, constipation, and other health factors cause dry skin, but as a whole here in the West we have a prevalence of the dry skin that is caused by alkali water and dry air. We will cover the other types of dry skin in another issue, and the oily and blemished skins too, but I've just about used up all my space; so until next time do think about your products in regard to their suitability, and remember to keep the circulation of the face stimulated. I've often spoken about this before but I don't want you to forget. When the circulation lags along, it brings nourishment to the skin tissues in a very tardy fashion, and carries off waste from the

★

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A

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cells very inefficiently, with the result that your complexion grows dull and sallow. I have some booklets describing some of the products suitable for western use, and shall be glad to send you these on request.

★ ★

My eyes are rather small and close together. What sort of make up should I use to make them appear larger?—Mrs. O. R., Minden, Nevada.

You may make your eyes appear wider apart by widening the space between the eyebrows at the nose. Pluck out the hair with tweezers, then lengthen the line of the eyebrow at the temples with a make-up pencil. Apply eyeshadow at the temples, and use mascara on the eyelashes to widen the appearance of the eyes.

★ ★

My nails are brittle and break off easily. Is there anything I can do to correct this?—Mrs. B. T., Bakersfield, California.

The dry climate and hard water in Bakersfield are very drying to the skin, and nails, you know are a skin formation, so what is needed is lubrication with oils, preferably warm. Soak the nails several times a week in warm olive oil, and soften the water when washing the hands by adding a bit of baking soda.

★ ★

My work makes it necessary for me to stand on my feet all day, and at night my feet burn and ache badly, what do you suggest?—Miss L. D., Walla Walla, Washington.

Try a hot epsom salts foot bath every night. Add a handful of the salts to the water, and let the feet soak for 15 minutes. Rinse with cold water and massage with cream or oil. During the day use a foot powder, and of course clean stockings daily, and comfortable shoes.

The Hermit

I'VE seen a drop of morning dew
Like some fair gem serene,
That sparkled on a verdant bough
All clad in summer green.

God's rising sun absorbed the tear
And drank it as it shone,
The winds of Autumn cleft the bough,
It mouldered and was gone.

The drop of dew is like the bloom
And morning of his span,
The bough that withered in the blast
Is like the hermit man.

—Don Morton.

Wind at Dawn

When the sun has kissed the shadows
From the mountain sides at dawn,
When the dawn-mist's jeweled splendor
From the sleeping flowers has gone,
Comes a wind from Alpine meadows,
From the high peaks crowned with snow,
Bringing fragrance from the cedars
To the waking world below.

—Harriet Markham Gill.

How to have LOVELY NAILS

STEP I: File nails into a pleasing oval shape. Smooth edges with an emery board. If necessary, *clip* away any hardened cuticle at the corners.

STEP II: Wash and scrub nails, thoroughly. If nails are brittle, immerse for a few maments in warm GLISSEN CUTICLE OIL.

STEP I

STEP II

STEP III: With an orange stick wrapped in cottan remave excess cuticle with GLISSEN CUTICLE REMOVER, and push back. Then remave stains and whiten tip with GLISSEN LIQUID NAIL WHITE.

STEP IV: Be sure nails are thoroughly dry. Then apply GLISSEN LIQUID NAIL POLISH in NATURAL for street or business; MEDIUM for sparts, DARK MEDIUM for afternoan and DEEP for evening; applying it in an arc fram SIDE to SIDE, leaving the 'MOON' and tip uncoated. Prestal Gleaming, lovely nails for a week ar more. *BUT, GLISSEN is so quick and easy to apply that we suggest*

STEP III

STEP IV

a manicure at least twice, better three times a week for absolute daintiness. At all Drug and Department stores, or

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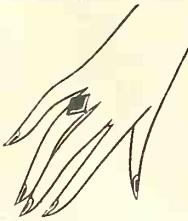

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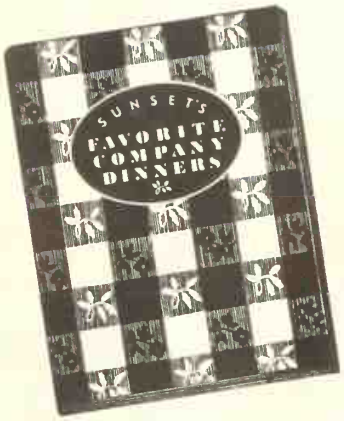
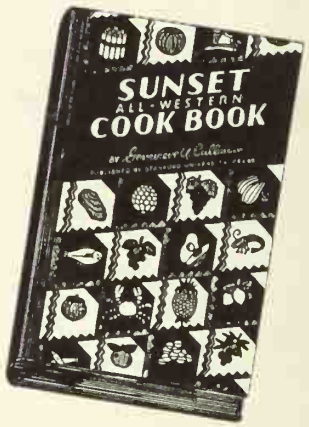
City..... State..... SM-2





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But we will need time to do all this extra work and will not be able to promise this special service unless you order promptly. So we say, "Make this a SUNSET CHRISTMAS" and . . .

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REWARD D—*Holiday Special—Five Wonderful Books*—All three of above books and the two described below, as a special holiday offer to be withdrawn December 24. Sent postpaid for only $5.00 worth of SUNSET subscriptions, listed on a single order and covered by one remittance.

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REWARD F—*The SUNSET Kitchen Cabinet Book*—Sent you postpaid for only $1.00 in SUNSET subscriptions.

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Get a Packet of the new
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A great, responsible, successful, 40-year-old company now makes this surprising offer to honest men. Invest no capital. Let us start you in this permanent business that YOU own and control yourself. **Become the authorized McConnon Dealer and handle the complete McConnon line—no red tape and no division of line.** We finance you. You extend credit to your own friends and customers when you please. Only a certain number of these "no-investment" propositions are open. Each one offers a good living with a chance to put some money in the bank every week. Honest, steady men who write promptly are assured of first consideration. Write today and ask for "no-investment" offer. Address The House of Friendly Service **McConnon & Company, Desk D-17011, Winona, Minn.**

How to Pick and Cook Wild Duck

HUNTING season is here and sport enthusiasts are confronted not only with the problems of hunting but also with the problem of dressing and cooking the duck. And to those very few Sunset males who have the added problem of getting away from home, I would suggest that they learn immediately to dress and cook their game; and early next Sunday morn they will find their wives calling them and will be served a nice warm breakfast before going to the tules to hunt.

One day after proudly bringing home my limit of ducks, I decided to get my hand right in and dress them. Well, for hours I plucked and picked little feathers, and still there were more feathers. It dawned on me right then and there why my wife had always urged me to give my hunting booty to the neighbors.

I knew there must be a solution so I started to find methods of dressing wild fowl. The first bit of advice was to place the bird in a dish-pan, rub the down with a little alcohol and then set fire to the alcohol; outside the waste of alcohol, this proved a fairly good method. The next time I tried dipping the birds in melted paraffin. When the paraffin hardened I ripped it off and with it the down. This was a very efficient way for a few ducks, but proved impractical when there were a number of birds.

The last bit of information was about the steaming method, and I found it to be the best and easiest way to remove the down. Dip the bird quickly in boiling water, shake, and wrap at once in several thicknesses of newspaper and then in a burlap sack. Let stand a half hour, unwrap, and pull feathers with a quick jerk towards the tail. Remember never to scald; a wild bird's skin is very tender and will tear easily when scalded.

Chill, at least overnight, before cooking. It is not customary to stuff a wild bird. Simply place an apple, onion, or a few uncooked cranberries inside the bird to absorb that "gamey" flavor. There is also a slight fishy flavor common in wild ducks, but this may be overcome by rubbing the outside skin with a cut onion. As wild ducks have very little fat of their own, pieces of bacon or salt pork should be placed inside and also over the breast and legs. A few stalks of celery and a little butter also placed inside the bird will impart a delicious flavor to the meat. Roast the duck the same as you would a domestic bird, except the wild bird is better a little rare. Whatever is used to stuff the bird, remove before serving.

Wild duck will fit easily into any menu. Usually it is served with a very tart jelly and wild rice in place of potatoes.—Frank Diener, Riverdale, Calif.

WAFFLE YOURSELF A WAFFLE!

—THEN REACH FOR THE LOG CABIN SYRUP!

THOUSANDS of women have noticed it! Log Cabin Syrup has just the right *body* to transform waffles and pancakes into a tender breakfast treat. And what delicious maple flavor! It's the *blend* of Vermont and Canadian maple with fine cane sugar. The Log Cabin tin, with its funny little characters, is loads of fun for the children. Get some today! A product of General Foods.

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Results Guaranteed

No risk, no guesswork, when you use DRI-BRITE Wax. Results are guaranteed as advertised in Good Housekeeping Magazine. Hardware, paint, drug, variety and department stores everywhere recommend DRI-BRITE Wax for beautifying linoleum, hardwood, painted, shellacked and tile surfaces. It will cut your housekeeping work in half. Buy a can today. © 1933 MIRACUL WAX CO., 1322 Dolman St., St. Louis, Mo.

WARNING! *To get genuine* DRI-BRITE, *the original no rubbing, no polishing, floor wax look for the magician on every can.*

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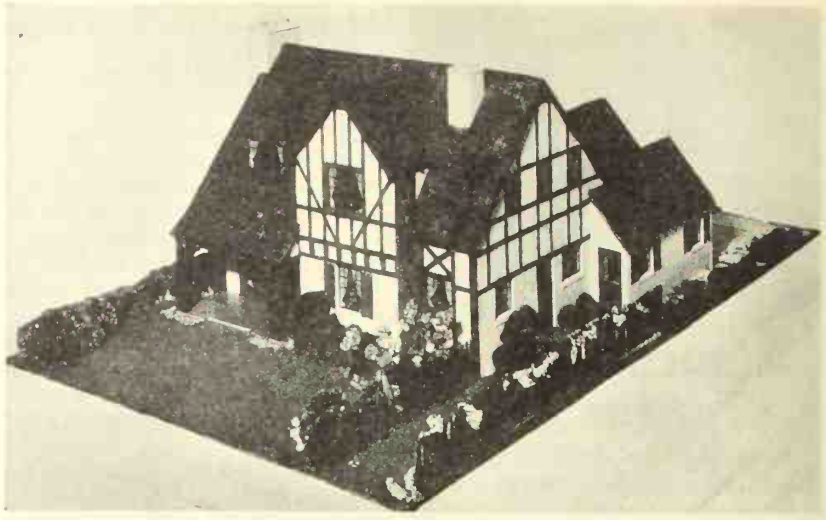
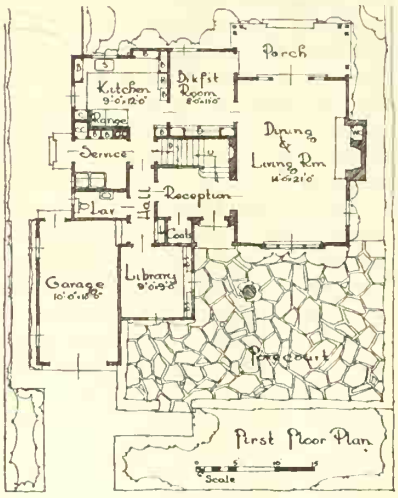
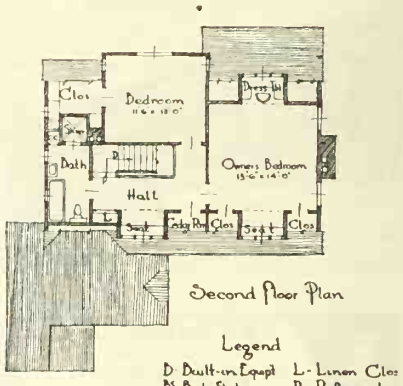


An English Cottage in a Western Setting

Designed By J. Wm. Veley
of the firm of Chas. S. McKenzie, Architects

See Description on Opposite Page





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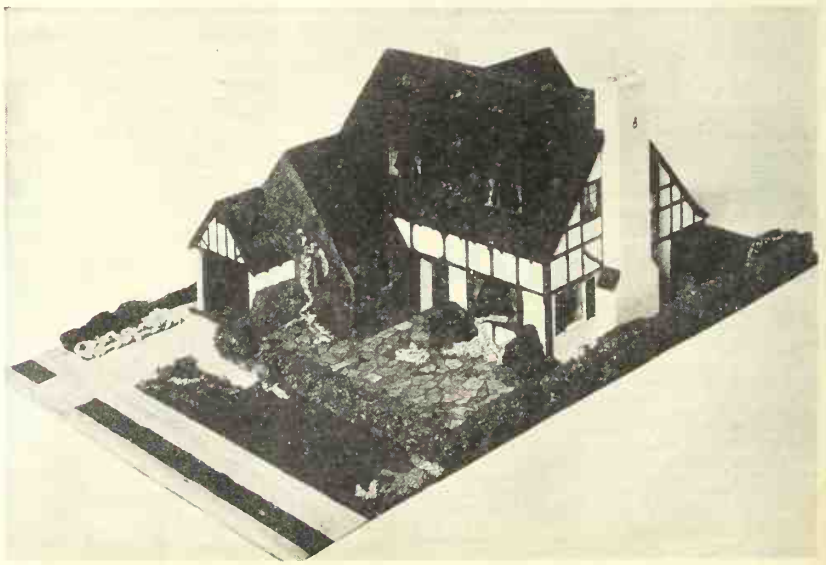

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Yes, I want a copy of the SUNSET Camp and Cabin Book. I enclose 50c. You are to refund my money if I return the book.

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Describing the House On Opposite Page

LET us help Mr. and Mrs. Holmes, who wish to build a new Sunset home. The Holmes come from English ancestry and wish to use this fact as a basis of architectural style, but being westerners, the plan must be adapted to western living customs. Mr. Holmes is a professional man and demands his "den." Mrs. Holmes wants a good convenient kitchen and prefers a large breakfast room instead of a dining room, but the living room must be planned to serve as a dining room on occasions.

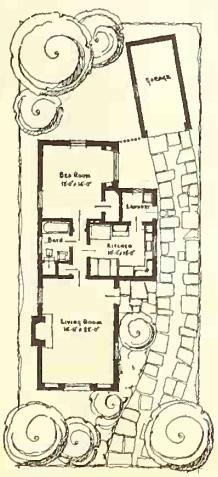
The service porch must also serve as a laundry, and must be convenient to a service yard. The lot, already in possession, is 50 feet wide and quite shallow. Like all Sunset Folk, they are garden lovers and desire space for that activity.

Due to the nature of the requirements and the small size of the lot, an attached garage on the front of the house is a logical scheme. Inside entry to the house is provided and the building so located as to leave space for a parked car in the driveway. The library is large enough to take a studio couch as a permanent piece of furniture so serving as a guest-room on occasion. A downstairs lavatory serves this room as well as the entire first floor. Short communication between the kitchen and reception hall is a very desirable feature. A covered porch connects the living and breakfast rooms to the garden.

On the second floor are two large bedrooms. Plenty of closet space, a convenient bathroom with detached shower, a clothes-chute to the laundry, are all factors which make this house home to the fullest extent.

All rooms have natural light on two sides while the bedrooms are lighted and ventilated on three walls. All principal rooms have a pleasant outlook.

All readers interested in this Tudor English house may have more detailed information upon request. Enclose a stamped, self-addressed envelope, please, in writing me.—J. Wm. Veley.



This is the floor plan of Story Book House pictured on page 14.

AMAZING NEW STOVE DIRECTS HEAT RAYS

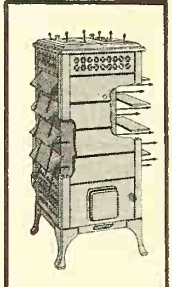
Gives choice of directed radiant heat or circulating warmth

The new SUPERFEX *Heat-Director* stove gives you just the heat you want . . . all day, all night. New, *convenient* stove heat! No more ashes in living rooms.

Here's how it works. Shutter-like projectors on each of three sides can be opened independently to *direct* the radiant heat rays at any angle toward the floor or other surface where you want greater warmth. For circulating heat, close the shutters and open the top damper slide.

The vaporizing burner uses light domestic fuel oil. The fuel reservoir is removable for convenient outside filling.

Ask your dealer for a SUPERFEX Heat-Director demonstration. Send for free booklets.



(*Right*) Arrows indicate direction of circulating heated air and radiant heat rays.

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SUPERFEX

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Glowing Warmth for Cold Corners

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7705-A Platt Avenue, Cleveland, Ohio

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☐ PERFECTION Portable Kerosene Room Heaters

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St. or R. F. D. _____

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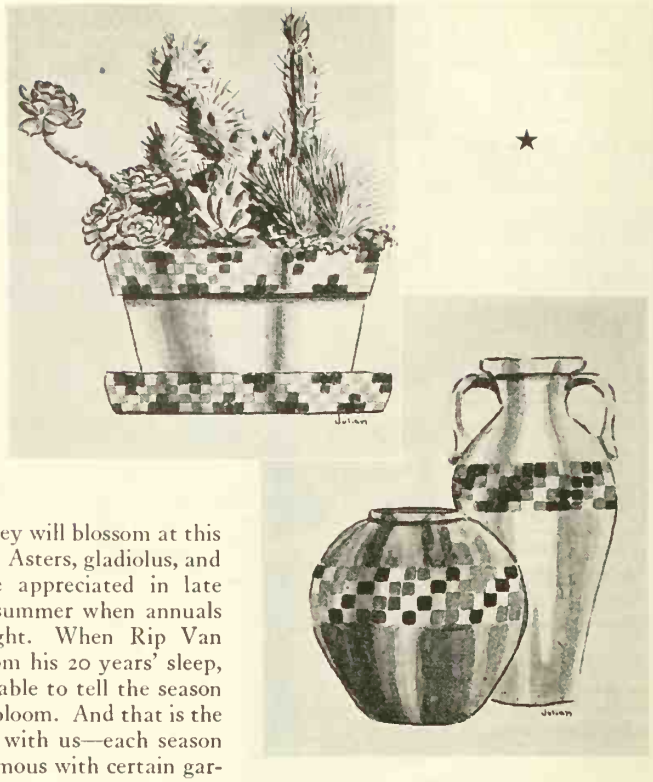
GARDEN NOTES *for the* Bay Region

By Marie Olsson



THERE are many tasks confronting the western gardener this month. Now is the time to dig gladiolus bulbs, cannas, tuberoses and dahlia tubers, and store them in a cool, dark, dry place. Peat moss, excelsior, wood ashes, and dry sawdust are good mediums for storing bulbs, or they may simply be put into bags, labelled, and hung up. This is your last chance to put tulips, narcissi, and other spring-flowering bulbs into the ground for their winter sleep. Lingering annuals must be pulled out before the rains commence. Falling leaves should be raked together every week and piled in a back corner of the garden. (Wise gardeners maintain a compost pile all year; by adding a certain chemical substance and keeping the heap moist the leaves soon decay, making excellent leaf mold for use in beds of acid-loving plants.) Dig and turn the soil this month, incorporating plenty of well-rotted manure, and then let the rains come as they will. In other words, this is the big autumn cleaning month in California gardens.

But even with all of these tasks before us, let us stop for a moment and consider our autumn garden and some of the things that are blooming so profusely in it. "I am in the mood for buying plants only when they are in bloom," I overheard a woman say at one of the Bay Region garden club meetings. She is a very wise woman, for that is the ideal time to select varieties for your own garden. Fall flowering crocuses open up, giving color to the rockery; clumps of Japanese anemones are happy in a shaded corner of the garden; asters in warm tones of rose and purple flower abundantly; pansy beds cover the earth like soft Oriental carpets; cotoneasters, pyracanthas and strawberry trees are laden with bright red and orange fruits; and handsome chrysanthemums bloom in the sunny locations of our gardens, enhance the windows of floral shops, and even find their way to the football games. There are many fine flowers for the fall garden, and they should be planted so that they will blossom at this particular season. Asters, gladiolus, and dahlias are more appreciated in late autumn than in summer when annuals are at their height. When Rip Van Winkle awoke from his 20 years' sleep, he probably was able to tell the season by the flowers in bloom. And that is the way it should be with us—each season should be synonymous with certain garden flowers.

Seed to Sow

Plant growth will slow up for the next two or three months, due to colder evenings and rain. Seeds sown this month will germinate, but the process will take longer, so do not expect flowers until next spring. If you sow seeds this month, it is advisable to sow them in boxes where they may be sheltered by cheesecloth frames or glass, and when the seedlings may be handled easily, transplant them to a second box, so that they can become well established before placing them in the garden. Some annuals and perennials which you can sow now are winter-flowering stocks in white, yellow, lavender and rose; coreopsis and gaillardia, sweet peas, scabiosa, foxglove and zinnias. If you have a rockery, sow a packet of *Cerastium tomentosum*, more commonly known as snow-in-summer because of its white foliage and small white flowers. (On a sunny slope in a Marin County garden *Cerastium tomentosum* was planted with *Polygala dalmatiana*, with bright purple flowers—it was grand.)

Small plants of verbena, candytuft, snapdragons, primroses, pansies and violas may be set out now and will flower early next year. One of our Sunset readers has the finest flower beds all through the winter, and here is his secret of success. Before he sets out the plants, he removes about a foot of the soil, puts in a few inches of strawy manure, and then replaces the earth. The heat from the manure keeps the ground warm enough to encourage the growth of anything he may plant.

Cyclamen

There was a time when the predominant colors of cyclamen were rose, purple and magenta, but the new colors of pink, salmon and even white are now regarded as the brightest and most beautiful. They are delightful for outdoor planting, make excellent potted plants, and are good as cut flowers. Seed sowed in September, another sowing in November, and a third sowing the first part of the year, will insure blooms for many months. The best soil for cyclamen is a rich loam, containing quantities of leaf-

CAROLYN W. JULIAN, a Sunset reader, shows here how she decorates clay flower pots. To make this tiled effect, Mrs. Julian first draws three horizontal lines dividing the band to be decorated into four sections; these sections are next divided into small squares. She then takes thick, white paint that has settled at the bottom of a can of paint, pours it into a heavy paper cone and squeezes it into the tile spaces—just like decorating a cake with pastry tube. This is allowed to harden for several days. Next she takes her poster paints (oil paint or enamel could be used) and colors these "tiles," one at a time, in whatever colors she chooses. A coat of varnish is given to waterproof the surface. To keep moisture from seeping through, the inside of the pots should also be given a coat of asphaltum varnish. One of these home-decorated pots will be on display during November at Charm House, The Emporium, in San Francisco.—The Editors.

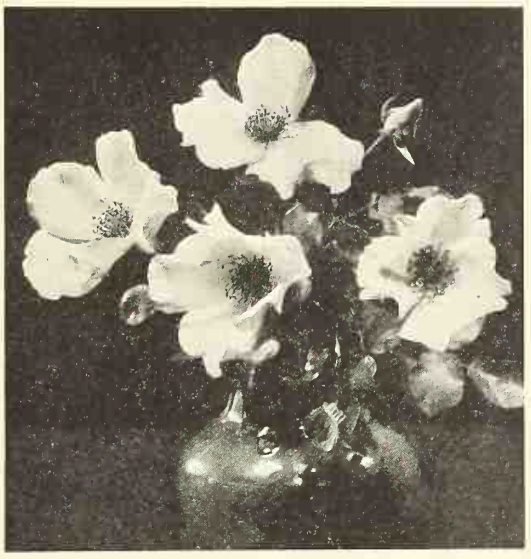
mold or peat moss and sufficient coarse sand to insure good drainage. Barely cover the seed—about a quarter of an inch—with peat moss or leaf mold. Although the cyclamen is a tender plant, it will germinate without strong heat; a moderate even temperature is all that is necessary. Germination is slow and irregular—very often some seeds will sprout long after the others. As the plants grow, shift them to pots, increasing the size proportionately, and always leave the crown of the corm clear. Keep the plants in the light, but shade them from the direct rays of the sun. Next summer they should be ready to shift into eight-inch pots where they will flower the following winter. During the fall of next year, feed them with liquid fertilizer rather than compounds for these may burn the corms.

If you saved the corm from the cyclamen plant you received as a Christmas gift last year, pot it now in light soil with which has been mixed an equal measure of leaf mold, and remember to have the corm even with the top of the soil. Set the pot in a sheltered place in your garden, or move indoors to hasten growth.

Winter Damage to Shrubs

Shrubs may be planted early this month. Their roots will be established before the ground gets too cold, and with the first warm days of spring they will be ready to make rapid growth. Speaking of shrubbery, last winter's frost did tremendous damage to the beauty of our gardens. At a recent meeting of the Plant Materialists, a group of Bay Region garden authorities, everyone agreed that all plant material (with one or two exceptions) that had apparently been killed by this freeze, had made prolific growth from the roots during the past few months. Just in case we have another cold winter, do not take up anything damaged—simply let it be and cut off the damaged portions after a month or two.

One of the outstanding observances of the results of this cold spell, was that native plant material came through in good condition—one of the many reasons for using more native material in our gardens. No exotic plant is more beautiful or useful than the native *Fremontia mexicana*, yet very few gardeners know it. If you have a sunny, dry spot in your garden, this shrub with its large orange flowers would be ideal. As I gaze from my kitchen window across to my neighbor's garden, I see masses of snow white poppies on tall sturdy stems. This is a bush of Matilija poppies or *Romneya coulteri*, another native which thrives with no special care. Native lilies there are to enhance our rockeries and flower borders, and drifts of golden California poppies thrill the hearts of every seeing person as did the gold nuggets panned from our streams almost a century ago. The west is rich in native flora—learn to know it, and to cherish it.



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Bigger and Better Hollyhocks

TRACING the history of the hollyhock takes one back into the history of Europe and Asia for both China and Greece have cultivated this flower from the earliest times. Princesses and Popes have admired its grace. In our gardens here at Santa Cruz there are single hollyhocks of great size and beauty, whose ancestors grew in the Papal gardens at Avignon, France, before Columbus started his voyage.

The soil needed for hollyhocks may be found in any garden and they will grow anywhere (if they get enough sunshine) with as much persistence as the dandelion. They are ideal for naturalizing among shrubbery, giving shafts of glowing color that blend well with delphiniums and the low-growing flowers.

The best time to set plants or divisions of hollyhocks is in the fall after they cease blooming, the divisions making heavy root growth before the dormant season. This is the time universally chosen by nurserymen.

The root system is shallow, so avoid overwatering. The tops are heavy and they will fall over if the soil becomes wet. After they become established, the less water used, the better.

Sunshine is the greatest essential, and, in the open field, it is not unusual to find plants from twelve to sixteen feet in height. At a recent exhibition in Santa Cruz, a blooming stalk twenty-seven feet long was on display.

To obtain the best results, plant the divisions, or new plants in dry soil, watering after they are set. Sprinkling is preferable as it carries the small particles of soil down among the rootlets, nourishing the new growth. Keep moist until well set and danger of drooping is past.

The principal enemies of the hollyhock are snails, which will eat every leaf if allowed a chance, and the parasite called rust, which destroys the looks of the plant and will eventually kill it if permitted to go unchecked. The snail pest may be controlled by one of the prepared snail poisons on the market. Nightly trips around the garden with a flashlight, picking them off will also help to eliminate the snails. Rust is controlled by the use of sulphur, used dry in the evening or early on a foggy morning.

Annual hollyhocks are grown from seed planted where they are to bloom.

Very good plants of the perennial varieties can be grown from seed planted in August, in well-prepared flats, and transplanted in November into rich beds where they are to remain. Fertilize the plants early in the spring, as hollyhocks are gross feeders. — Lucile C. Cloud.

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Sunset Gardener

(*Continued from page 17*)

planted close enough to give a good strong color note far more effective than a small number of many kinds. Such groups in the herbaceous border will brighten it up wonderfully in March, when the daffodils are going off.

We all love to excel in something. As a schoolboy I learnt, while mother was away, how to walk along the top of a narrow high-board fence as the way out from the hayloft when the hatch was down, and later I derived an unholy satisfaction in jeering at my young visitors because they naturally hesitated to follow me in a very straight and narrow path. Gardeners often derive similar satisfaction in successfully growing some new plant obviously ill adapted to their conditions. Only the frequently disillusioned could look on lovely clumps of the sky-blue *Meconopsis betonicifolia* (commonly called *M. Baileyii*) in Seattle or Vancouver gardens without wanting to try it in our warmer, drier climate. Many are trying it and many are failing. One at least, Victor Reiter, Jr., of San Francisco, has had measurable success, and his practice coincides very closely with the advice given me up north. His recommendation is first of all fresh seed, not too easy to get unless you have a friend with plants which have flowered. Sown soon, that is in early summer, it germinates readily in flats of acid, gritty soil which holds moisture. Seedlings damp off readily if not kept cool. Planted out eventually in a similar deep soil in a place where both the air and the bed are as moist as possible and direct sunlight absent, they should flower the second season and then generally die, being mostly biennials in this climate, though further north they often become perennials.

But my ambitions do not soar to the giddy pinnacle of growing this glorious blue poppy, and so I am satisfied to report that in spite of previous discouraging experiences I had this year a very decent showing from my perennial phlox, and though certainly less easy and less effective than in climates of summer rainfall and cold winters, its native habitat, it can be grown very well even in California if planted, preferably in fall or very early spring, in good soil, mulched with rotted manure after it gets going, and watered well at regular intervals until flowering is over.

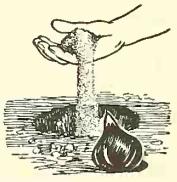
It's a good idea

to paste a strip of sandpaper on the water heater to keep tank walls from being scratched.

Plant NOW for Spring Bloom

"Here's to a Colorfully Gay Garden Next Spring!"

"Let me tell you how the enthusiastic western garden fan—who perhaps doesn't realize fully how blessed he is by kind Nature—can grow large, brilliant flowers. It's really easy!



"Here's one secret of success: in each hole in which a bulb is to be set put a handful of

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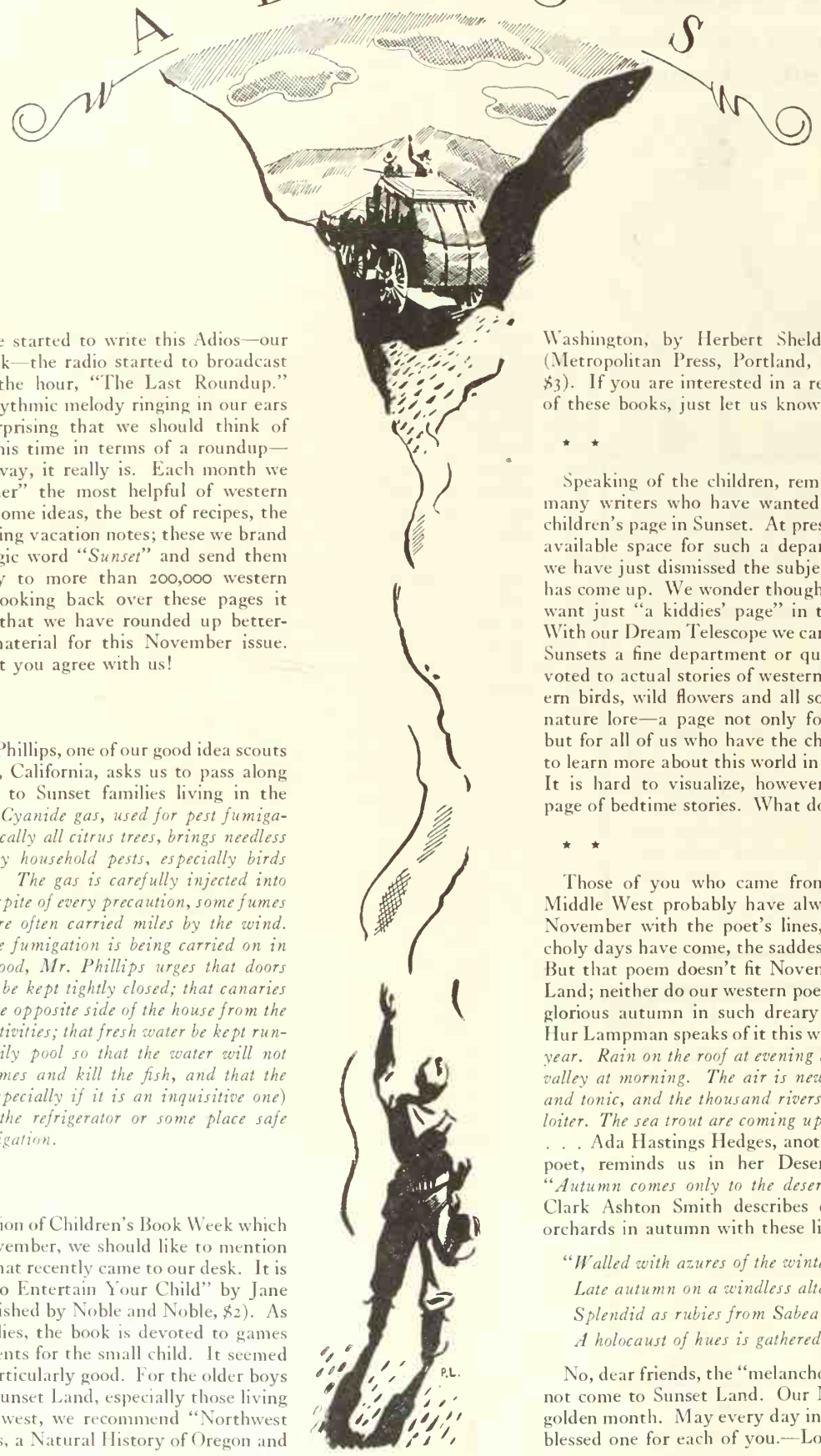

JUST as we started to write this Adios—our home work—the radio started to broadcast its song of the hour, "The Last Roundup." With that rhythmic melody ringing in our ears it is not surprising that we should think of SUNSET at this time in terms of a roundup—which, in a way, it really is. Each month we "herd together" the most helpful of western garden and home ideas, the best of recipes, the most interesting vacation notes; these we brand with the magic word "*Sunset*" and send them on their way to more than 200,000 western homes. In looking back over these pages it seems to us that we have rounded up better-than-usual material for this November issue. We hope that you agree with us!

* *

Mr. R. A. Phillips, one of our good idea scouts at La Habra, California, asks us to pass along this warning to Sunset families living in the citrus areas: *Cyanide gas, used for pest fumigation on practically all citrus trees, brings needless death to many household pests, especially birds and gold fish. The gas is carefully injected into a tent but, in spite of every precaution, some fumes escape and are often carried miles by the wind. When cyanide fumigation is being carried on in the neighborhood, Mr. Phillips urges that doors and windows be kept tightly closed; that canaries be moved to the opposite side of the house from the fumigation activities; that fresh water be kept running in the lily pool so that the water will not absorb the fumes and kill the fish, and that the family cat (especially if it is an inquisitive one) be locked in the refrigerator or some place safe from the fumigation.*

* *

In recognition of Children's Book Week which comes in November, we should like to mention a new book that recently came to our desk. It is "101 Ways to Entertain Your Child" by Jane Parker (Published by Noble and Noble, $2). As the title implies, the book is devoted to games and amusements for the small child. It seemed to us to be particularly good. For the older boys and girls of Sunset Land, especially those living in the Northwest, we recommend "Northwest Nature Trails, a Natural History of Oregon and Washington, by Herbert Sheldon Lampman (Metropolitan Press, Portland, Oregon, Price $3). If you are interested in a review of either of these books, just let us know.

* *

Speaking of the children, reminds us of the many writers who have wanted to conduct a children's page in Sunset. At present there isn't available space for such a department and so we have just dismissed the subject whenever it has come up. We wonder though—do you ever want just "a kiddies' page" in this magazine? With our Dream Telescope we can see for future Sunsets a fine department or question box devoted to actual stories of western sea life, western birds, wild flowers and all sorts of western nature lore—a page not only for the children but for all of us who have the child's eagerness to learn more about this world in which we live. It is hard to visualize, however, an ordinary page of bedtime stories. What do you think?

* *

Those of you who came from the East or Middle West probably have always associated November with the poet's lines, "The melancholy days have come, the saddest of the year." But that poem doesn't fit November in Sunset Land; neither do our western poets describe our glorious autumn in such dreary fashion. Ben Hur Lampman speaks of it this way: "*Fall o' the year. Rain on the roof at evening and mist in the valley at morning. The air is new washed, crisp and tonic, and the thousand rivers have ceased to loiter. The sea trout are coming up from the sea.*" . . . Ada Hastings Hedges, another Northwest poet, reminds us in her Desert Songs that "*Autumn comes only to the desert skies.*" And Clark Ashton Smith describes our California orchards in autumn with these lines:

"*Walled with azures of the wintering year,*
Late autumn on a windless altar burns;
Splendid as rubies from Sabean urns
A holocaust of hues is gathered here."

No, dear friends, the "melancholy days" have not come to Sunset Land. Our November is a golden month. May every day in it be a happy, blessed one for each of you.—Lou Richardson.

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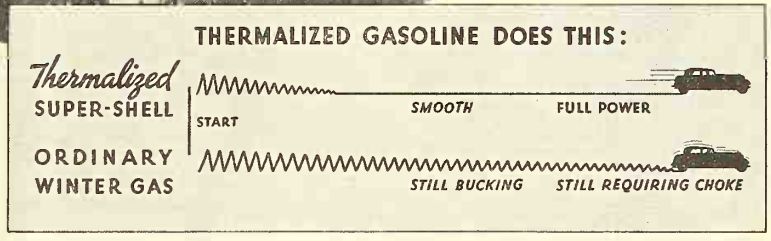
to give full power in a cold motor

Mr. P. W. Jochimsen of Tacoma is strong for Thermalized gasoline. The colder the weather, the more he appreciates it.



WHAT a difference! *The old way* of starting off on winter mornings with the choke 'way out, the engine jerking and back-firing, refusing to pull.

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Christmas Decorations by Mother Nature

PHOTOGRAPH BY ANSEL ADAMS

Sunset Gold

CHRISTMAS time again! Christmas, the one holiday of all the year that truly belongs to the children—not merely to those of tender years, of course, but to the child that still exists in each one of us. Once a year at least we find it possible to become as little children, and enter for a moment into the kingdom of heaven.

Sometimes we forget that "holiday" originally meant "holy day," and that of all the holidays, Christmas is most holy. It is pre-eminently a home day, for little children particularly. In later years, only the remembrance of happy Christmases that are past can take away the sharp sting from the realization that they are indeed past, and can never be repeated.

I feel sorry for children who learn nothing of the deep, real meaning of Christmas; for those who have never known the sacrificial thrill of saving up pennies and dimes which they themselves have earned, in order to buy totally inappropriate little pin cushions and paper weights for mother and father.

I feel sorry for children whose parents are so eager to "surprise" them with gifts out of proportion to their means, that they deprive the youngsters of the fun of helping to contrive clever gifts from little. I feel sorry for little boys and girls whose fathers do not ask their help in making strange and wonderful ornaments for the Christmas tree; whose mothers do not let them have a part in the excitement of mixing plum puddings and rolling out cookies, of helping to pinfeather the turkey and to pick over the cranberries. It is from just such sharing of tasks that confidence and understanding of one another are born; that deep family affection is nurtured; that the dignity of work, and the joy and satisfaction of doing it well, are learned for life.

I feel sorry for those grown-ups who have only shallow, artificial, superficial Christmas festivities to look back upon. They are the ones who would dismiss this holy anniversary as "just another day," and for them there can never be a deeply happy Christmas.

For most of us, however, the day is colored beautifully with sentiment and precious homely memories that bring a sudden softness to the eyes and a husky note to voices raised in joyous carols. And so, in appreciation for what we have had, let us put aside the all too real griefs and worries that seem to belong to adulthood, and become again as little children, taking part in the traditional ceremonious fun and frolic of the occasion. That is the kind of Merry Christmas we are wishing for each of you.—G. A. C.

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DECEMBER 1933
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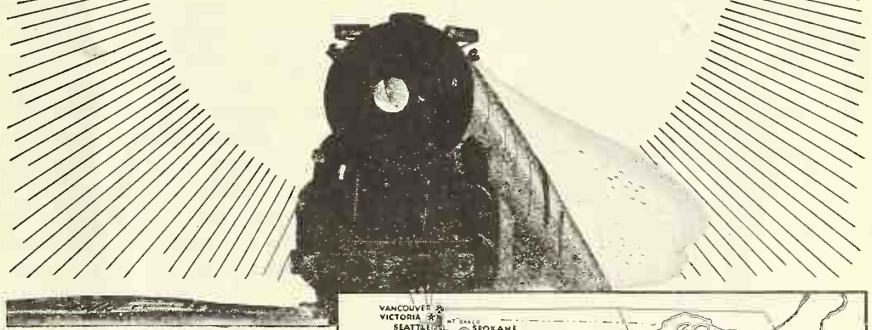
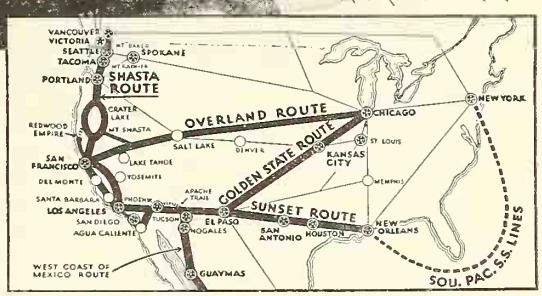
THIS WINTER
REDUCED RAIL AND
PULLMAN FARES
EAST





BIGGEST NEWS of the winter travel season is the reduction in rail fares and the *one-third* cut in Pullman rates on all western railroads.

This means you can go East this winter for much less than last winter, whether you buy the "All-year" ticket or the special Christmas Excursion ticket.

To these low fares Southern Pacific adds a number of advantages you should carefully consider before you buy your ticket:

1. FASTEST TRAIN from northern and central California to the East. The "Overland Limited" climbs the High Sierra, crosses Great Salt Lake on the famous Lucin causeway, and cuts straight across mid-continent.

2. Fast, *no-extra-fare service* from Southern California direct to Chicago on the "Golden State Limited." Or on the famous "Sunset Limited" through New Orleans. Both trains run via Southern Arizona and El Paso.

3. Choice of *four* separate and distinct scenic routes to most eastern and midwestern points. At the new "All-Year" and Christmas fares, you can go East on one of these routes, return on another and see a different part of the United States each way for not 1¢ more rail fare, except that from Southern California it costs a little more to go or return through the Northwest.

4. "Meals Select," which many of our passengers have called the finest meals being served on any American railroad. Complete luncheons and dinners for 80¢ to $1.25, breakfasts for 50¢ to 90¢ on all Southern Pacific dining cars.

NEW WINTER FARES

Here are examples of the *approximate* roundtrip fares that will be in effect from San Francisco, Los Angeles and most California points:

To	All-year (1)	Christmas (2)
NEW YORK	$172.40	$121.00
CHICAGO	111.00	88.75

—similar fares to most other eastern and mid-western cities. (1) On sale every day after December 1. Good for one year. (2) Good on trains leaving December 9, also December 14 to January 1. Return limit January 15.

PULLMAN RATES CUT ⅓ STARTING DECEMBER 1. This applies to all western railroads. For example, a lower berth from San Francisco to Chicago will cost $15.75 this winter as compared with $23.63 last winter.

COACH FARES SLASHED. After December 1, $34.50 from California to Chicago, good in coaches and chair cars; $44.40 in Tourist Pullmans (plus berth).

Southern Pacific

Here ends your search for that practical gift!

$7.95 POSTPAID

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There's no more sensible (or styleful) gift you can give at Christmas than this smart-fitting, trimly tailored Suede Leather jacket. Go now to the store that features DEL MONTE and make sure of one more "perfect gift." Cossack style with panel back, slash pockets. Many other styles for sport and general wear.

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Size..... Color.....
( ) Check here if color chart is desired.

Name:.....

Address:.....

City:.....

Sunset travel service

JUST the other day we were musing on what we'd like especially for Christmas, and concluded that nothing could please us more than a little note from each of the thousands of SUNSET subscriber families whose summer trips we have helped to plan this year—a little note telling us about their trip, the fun of it, the experiences and thrills. Yes, those notes would make about the best Christmas gift we could think of!

And speaking of gifts, we have decided to turn this month's page into a gift suggestion page for the traveler. Running the gamut, we can suggest anything from the 25 cent book on "How to Ski" to the 40-day $400 cruise through the South Seas. The little ski book, which may be ordered through the Travel Service Department, gives both the beginner and the amateur some excellent suggestions on the art of skiing, steering, jumping and racing, and on equipment and the like.

For the more special gift (we'd be good for a whole year to earn this one!) there is the cruise of the month. A ship especially designed for tropical cruising will leave Los Angeles January 12, 1934, on a special exploration cruise of the South Seas, calling at the beautiful Marquesas, Tahiti of story book fame, Rarotonga, the languid isle, and at such ports as Nukualofa and Noumea in New Caledonia—ports not on the regular itinerary of any steamship line. From Noumea the ship goes to Suva, Fiji Islands, and then to Apia, Western Samoa, where Stevenson once lived and now lies buried, then to Pago Pago in American Samoa, whose harbor, formed by an extinct volcano, is rated as one of the most beautiful in the world. From there the ship continues to Honolulu, Hilo on the "Big Island," and then back to Los Angeles, February 21. The cruise fare of $400 includes shore excursions and entertainment also. Write for detailed literature.

Maps for a Gift

BEING a map collector of sorts, we are always on the lookout for interesting specimens. Our latest find is a map published by a steamship company showing their route through the Panama Canal to New York. The map is done in vivid color with animated historical sketches on points of interest en route, concentrating particularly on Central America and the Caribbean. The map is 24 x 32½, mounted on library buckram, and sells for 50 cents postpaid. Order your copy through the Travel Department.

Luggage and Umbrellas

WHETHER your friend, the traveler, goes off to the South Seas, to Alaska, Europe, or the tropics, he will need an umbrella. It is one of the most indispensable items in the otherwise simple wardrobe of a traveler, for wherever he goes, he is likely to find some rain at one time or another. The smart little collapsible umbrella (which opens to almost regulation size) that made its debut last season has been very successful as a "different" gift. Only 11 inches, 12 ounces, it tucks into the weekend case or trunk without difficulty, and makes a surprising gift. Larger department stores throughout the West carry this umbrella in various colors and textures.

"There's one thing more important than where you go—it's how!"—meaning luggage, of course. And we have just been hounding the luggage shops for gift suggestions, and finding so many lovely pieces, we are at a loss for words to describe them all. The smart linen finish luggage (which, by the way, is *not* air luggage as is commonly thought) is still holding up as the best seller, and we saw one large case of particular importance. This one was divided into compartments, for holding shoes, stiff collars, toilet articles, stockings, etc., and yet provided ample space to hang-and-fold one's clothing without wrinkling or crushing. Gladstones are still the best for men, and the pigskins are especially nice since they do not show wear and tear so readily. Slightly more expensive, but extremely lovely, is the French imported luggage that smacks of the Old World and the days when France was ruled by kings. We shall be glad to mail some interesting booklets on luggage to anyone interested. Please enclose a three-cent stamp with your request. (*Continued on next page*

Travel Books for All

BOOKS are the old standbys, and our favorite Christmas gifts, both to give and to get. Here are just a few travel tales that have come to us recently:

"What Price Mallorca," by Percy Waxman (Farrar & Rinehart, $2.50) will not only give you wanderlust, but will amuse and entertain you as well. Since the American dollar has been cutting capers, this Island Paradise is doubtless not as crowded as usual, but nevertheless it still is reasonable as a place to live, and still the lovely little jewel of an island it always was. Mr. Waxman's rare sense of humor makes this an exceptionally acceptable gift book.

"White Man Brown Woman," by Richards and Gurr (Dodd, Mead, $3.00) is partly explained by the title. It is more than a romance and adventure tale of the South Seas—it is also the life story of a man who succumbed completely to their spell. Guaranteed to stir the imagination.

"Basel, Berne and Zurich," by M. D. Hottinger (Dent & Sons, $1.75) is an addition to the Mediaeval Town Series, particularly good for the traveler who plans to include Switzerland in the European tour.

"Wild Oats," by Eric Muspratt (Coward-McCann, $2.50) is a provocative title. It proves to be the record of a vagabond's ramblings through Europe, tramp fashion. While we may not be sufficiently inspired to emulate his tactics, the book makes good reading, and contains good description of European countries, customs and personalities.

"Red Mother," by Frank Linderman (John Day, $3.00) published many months ago is nevertheless one of those books that will always be of interest, particularly to the person studying Indians. It is the life story of Pretty Shield, a Medicine Woman of the Crow Tribe, as told by the timeless one to the author. The book is illustrated with striking sketches.

"Amiable Adventure," by Amy Heminway Jones (Macmillan, $1.90) is the record of two young women who go trekking through the Orient, Korea, Manchuria, down to Penang, Burma and to Syria. Sacrificing literary style for facts, the author gives a good personal experience account.

"We Find Australia," by Charles H. Holmes (Hutchinson 12/6) is as interesting a book as is the vast country about which Mr. Holmes writes. In one grand swoop he covers a country that offers every variety of civilization from the stone age on tropical isles to the modern progressive city of Sydney, seventh largest in the world. The book is well illustrated with photographs.

"English Spring," by Charles S. Brooks (Harcourt, Brace, $3.00) was sent to us as a gift some time ago, and

Hawaii

The latest celebrity to linger at Waikiki. Expectant stay-at-homes this Christmas will mourn the defection of their dear Kris—

. . . the beloved old humbug slipped off on a Matson-Oceanic liner bound for Hawaii, and his deserted votaries will have to be contented with the untried charity of a proxy.

Not even a saint should be kept everlastingly on the job of bulldogging a string of reindeer and shinning down sooty chimneys.

Personally, we'd barter any time a couple of weeks of snow and sleet for a South Sea voyage to a cozy corner of sun-warmed Waikiki. *Sir to you, Santa.*

Possibly a twinge of conscience may prompt Santa to canter over to the chimney of an old volcano and fill up the beach sandals.

With that concession to ritual, he will forget his plush and ermine upholstery (nice but very stuffy), don a bathing suit, swim in velvet waters, doze on golden sands and listen to Yuletide greetings in the lispings of the surf. Age-old native melodies will be his evening carols, a bemused stroll under the silken caress of an amber moon, the final touch of beauty to an amazingly new, *utterly different* Christmas—in Hawaii.

*Aren't you interested?**

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South by "Santa" ships over old sea-trails of Don and corsair...bringing to (not taking from) the Spanish Main, treasures that would stir the dust that once was buccaneer Morgan. Splendor as conceived by the genius that encases its dreams of marine luxury in shining steel and weighs anchor...launching the *first* ships to have all First Class outside staterooms with private bath...and listing as mere casuals of this new order of intercoastal travel such wonders as a dining saloon on top deck open to the sky, facilities of a sea-going New York night club and a sky-roofed tiled swimming pool that dwarfs all former attempts. "Santa" ships have captured the nation's approval for good reasons.

Fares on Cabin Liners $145 and $150 between California and New York

Take your car for $100 or $110

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it is such a lovely thing that we can't resist mentioning it as a gift suggestion. Whether the recipient goes traveling or not, he will be delighted with the author's description of little English villages and countryside, with his experiences, and with the lovely pen and ink sketches by the author's wife. This book is the favorite in our travel library.

"Ramona," by Helen Hunt Jackson (Little Brown, $3.50) needs no introduction. An American classic of early California, Spanish and Indian history, the novel is still a great seller after 48 years. A new gift edition has just been issued, and the book is illustrated with drawings in black and white.

Winter in Hawaii

WE have received so many inquiries recently as to "When is the best time to visit Hawaii," that we felt it worth discussing in this month's column. Hawaii is a land of perpetual sunshine and eternal May. True, there is rainfall during fall and winter, and summer showers—but it is the sort of rain natives call liquid sunshine. The temperature never exceeds 78 nor goes below 71. The waters at Waikiki Beach never go below 75 degrees, and one can swim the year around. It is a land of year round flowers. November finds the poinsettias and bougainvilleas displaying their riot of color in magenta and brick red, and there have been night blooming cereus in bloom as early as December first. Winter is the season for a distinct group of plants to blossom, and the purple bauhinias are well out early in the month. Ixoras and ginger mingled with the festive red of the poinsettias reminds one of Christmas on the mainland, and the red and yellow Pride of Barbados is out by December. Most of the ornamental trees in Honolulu are pod bearing, and from the branches of the white monkey pods flat tan seed cases hang thickly, rattling constantly in the breeze. A booklet giving details about weather conditions, etc., in Hawaii is available for a three-cent stamp.

We Celebrate Christmas

Travel Editor, Sunset Magazine:

A friend and I have been given $50 each to spend for a trip around Christmas time. We want to take a boat trip, preferably north, but cannot spend more than $50. Are there any trips you could suggest? Could you recommend hotels while ashore? We would appreciate your help.—B. S., San Anselmo, California.

With a little close figuring we have worked out a trip that can be made within a week, and not to exceed fifty dollars by more than a few cents! There are regular passenger ships that sail north every two weeks. For the trip we are suggesting the round trip fare is $37.50 minimum first class (all staterooms with private bath or shower). Leaving San Francisco December 14, for example, you reach Victoria on the

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. . . for garden lovers

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LOS ANGELES

Auto Camps

IF you are the casual sort of motorist who does not travel on a definite schedule, and so occasionally find yourself miles from a city and a good hotel, you will need to tuck the little leaflet on "Auto Camps" into the pocket of your car. The leaflet designates better class auto courts, accommodations, equipment, etc., in case of a stopover where good hotels are not available. Only the better class auto camps up and down the western highways are listed. Please enclose a three cent stamp with your request.

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PORTLAND, OREGON

morning of December 16. By special arrangement tickets may be purchased from the purser on board ship before reaching port, for a sightseeing trip by motor around Victoria. The motor-coaches await passengers at the dock, and the interesting trip of an hour's duration costs one dollar. The ship proceeds to Seattle that afternoon, allowing the evening and all of the following day for sightseeing in and around Seattle. A motor tour covering the major attractions of this interesting city may be made for $4.00. Your ship leaves at noon December 18 to return to San Francisco December 20. We have sent you descriptive literature and advice as to an excellent Seattle hotel whose rates will fit in with your budget. Plan on about ten per cent of your steamship fare for tips on board ship.

To Old Monterrey

Travel Editor, Sunset Magazine:

We are planning a Christmas trip to Monterrey, Mexico. How are the roads? Do you have a road map of Mexico? What hotel do you recommend? How far below the borderline is Monterrey? Thank you for any help you can give.—R. G., Los Angeles, California.

The road from Laredo, Texas to Monterrey in Old Mexico is known as the longest stretch of straight road in the world—146 miles of excellent asphalt paved highway. This is a part of the Pan-American Highway that is being completed by the Mexican Government, and by the early part of next year it is hoped that a good passable road will be open through to Mexico City. The dry season in Mexico being from October to June, a trip at this time of year will be most enjoyable. Monterrey is the third largest city in Mexico and has a great deal of interest to offer the tourist—be sure to see El Obispado, the Old Bishop's Palace; Zaragoza Plaza, the quaintest and most romantic spot in Mexico where music is heard of Sunday nights, and comely senoritas promenade. The 140-year-old Cathedral is worthy of examination not alone for the architecture, but for its fine old paintings and sculpture. Tourists find the Red Room and the Reception Room of the Government Palace particularly interesting, and a marvelous view of the entire city may be had from the tower of the Federal Palace. We recommend the Ancira Hotel in Monterrey. A supply of new road maps of Mexico has just been received, and a copy sent to you. (Note: Road maps of Mexico are available to readers for a three-cent stamp.)

Pacific Air Pageant

The first Pacific International Air Pageant in northern California will be held December 16 and 17 at the Curtiss-Wright San Francisco flying field, San Mateo, under the auspices of the National Aeronautic Association. In-

SOUTH AFRICA

A Zulu woman repairing the household pottery

A Land of Colorful Contrast

"Close-ups" of the picturesque blacks in their native setting—thatched kraals, primitive family customs, and age-old tribal ceremonies—

In startling contrast, flourishing farms and cities, modern railroads and hotels, charming country clubs and delightful seaside resorts.

And an amazing variety of things to see—Victoria Falls, Zimbabwe Ruins, Drakensberg Mountains, Cango Caves, gold and diamond mines, big game, and many other wonderful sights!

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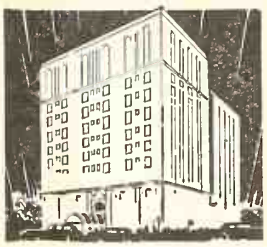
or any office of the American Express Company or Thos. Cook & Son—Wagons-Lits, Inc.

If You Are Going to Europe

YOU will want a copy of "What to Wear," available to Sunset readers for a three cent stamp. This leaflet contains a list of clothing suggestions for a trip to Europe, and will be helpful in planning your travel wardrobe. Be sure to specify what country or countries are included in your itinerary, and at what time of year you are to be abroad. Address your inquiry to the Travel Service Department.

HOLLYWOOD PLAZA



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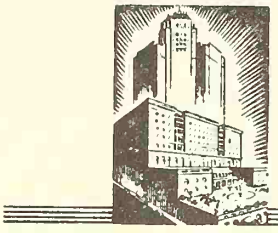
HOLLYWOOD



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Here under the Southern Cross is a new and vigorous nation. Here are brilliant cities ★ ★ and stone-age aborigines. Here modern motor roads cross the trails of living prehistoric creatures. Here is a country with every range of climate ★ ★ blue-swathed mountains ★ ★ sun-sprayed beaches. And here is a kindred people whose sympathetic understanding reserves for Americans a singularly warm-hearted welcome.

Three interesting gateways— San Francisco, Los Angeles, Vancouver, B.C.—contribute to Australia's accessibility. For descriptive literature address Room 607 H.

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4⅔	Hrs. Salt Lake . . .	$ 41.52
11	Hrs. Omaha . . .	95.82
13	Hrs. Kansas City . .	106.39
14¼	Hrs. CHICAGO . .	115.00
17¼	Hrs. Cleveland . .	130.00
21¼	Hrs. Washington . .	152.00
20	Hrs. NEW YORK . .	160.00

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Fastest multi-motor service between Seattle, Tacoma, Portland, Sacramento, Oakland, San Francisco, Los Angeles, and San Diego. Only non-stop multi-motor service San Francisco to Los Angeles.

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vitations have been extended outstanding aviation celebrities of Europe and the United States to take an active part in the exhibition programs and to compete for the numerous cash prizes being offered. Write the Travel Service Department for details as to tickets, etc.

New Year's at Sea

This tour is guaranteed to interest even the most habitual stay-at-home! Leaving San Francisco December 16, and Los Angeles December 18, and returning January 8 and 6 respectively, the cruise gives you Christmas in Panama (a unique experience) and New Year's at sea. The itinerary is far too interesting and varied to go into detail about—so write the Travel Service Department for a booklet. The fare is $225 round trip, first class; $135 round trip tourist cabin. Four days at Panama, including hotel, meals, auto tours and trans-Isthmus rail fare will cost $41.50 each for two persons; or $51.50 for one.

★ ★

Rambles in Europe

With Jane C. Higbie

Lacy Spires and Even-song

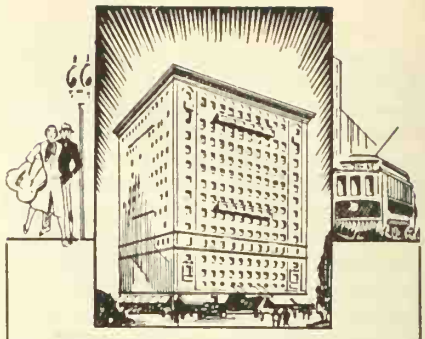
COME with me, this blessed of all holiday seasons, to the center of music and culture, of fine sculpture and beautiful buildings, the most entrancing city of northern Italy. Milan, home of the great Scala Theater and of the world-famed Duomo, may well occupy our thoughts this Christmas time.

Crossing the plaza of the Duomo, let us enter one of the largest and most ornately interesting cathedrals in Europe. Ascending by elevator and stairs to the roof, we are suddenly among a veritable forest of lacy white marble spires, innumerable bas-reliefs and full sculptured figures, topping the delicately fluted columns, or suspended in mid-air. Works of the best sculptors of their time, neither eye nor mind can at once grasp their beauty. From this strangely exquisite setting, we look down upon the plains of Lombardy, encircled by snow-capped mountains.

Nearby we see the dome of La Scala, coveted goal of all aspiring musicians. An appearance upon this wide stage marks a very definite step toward success. The plaudits of a very critical audience, occupying the many tiers of boxes, have sent many a renowned singer to triumph in the world's opera roles.

In the distance is the Monumental Cemetery. In covered galleries and grave-enclosures are seen many examples of finest sculpture, the work of master-artists; this cemetery is in itself a history of contemporary art.

Our eyes seek out the smaller church of La Della Grazie, definitely Lombard



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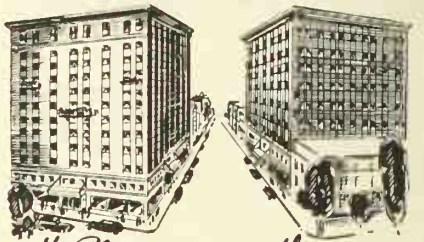
FREE GARAGE

LOS ANGELES



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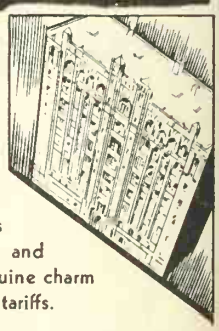
WINTER LUXURY



is YOURS at this distinctive Seattle Apartment HOTEL. Fine shops and theatres nearby . . . rooms and suites of genuine charm . . . low tariffs.

Clive W. McDonald
Manager

"SEATTLE'S SMARTEST"

in design. In summer, from any of the four arched sides of the main cloister, one looks upon vivid beds of bloom and greenest borders, flooded with bright sunshine and roofed by the bluest of skies. A few steps along the corridor, we enter the refectory and are in the presence of Leonardo Da Vinci's immortal masterpiece, "The Last Supper." One can only stand in awed silence before its powerful, in fact, overwhelming, delineation of detail; sharing the world's regret, that time and the deterioration of the wall are erasing the colors and crumbling into dust this sacred relic of the art which made Da Vinci one of the world's greatest painters.

Strains of music from the great organ call us back to the lovely spires, while a black-robed priest hurries by, breviary in hand. We follow, for it is the time of even-song, and reverently enter the main nave of the great cathedral below. Before the High Altar move robes of blue, of white and scarlet; from the choir stalls of carved walnut, magnificent voices are heard in soul-moving chants all beneath a dome of gold and bronze and silver. Candles light the surfaces of porphyry, statuary, massive marble pillars, golden candelabra, and rich vestments of priests, while the rays of the sinking sun, through magnificent colored windows, stain the marble floors in richest colors.

Could anything be more beautiful, more fitting a preparation for the great Day of Days when all mankind joins in a universal song of rejoicing? Even-song, in the beautiful cathedral of Milan, under its graceful spires, amid thousands of exquisitely wrought marbles, is an experience never to be forgotten. The last note of melodious music from the organ-loft echoes to the highest point of the very tallest marble spire, and seems to say,

"Christmas means remembering, forgetting, giving, forgiving;
Greater love hath no man than this!"

★ ★

Mountain Symphony

THESE mountains flow in music on the sky,
A symphony of pinnacles, snow-crowned;
Their glory purple-muted, lest the sound
Of white peaks singing be too solemn-high.
Yet there are organ tomes of avalanches;
Winds fiddle in black hemlock, yellow pine;
While hermit thrushes toss at timberline
Frail tunes among the rosy heather branches.
And chiming through it all, cathedral bells
Where water leaps from ends of glaciers;
From melting snowbanks in a thousand dells
To mingle with the cello strings of firs.
And mortals listening, look on too awed
At orchestra and leader to applaud.

—*Ethel Romig Fuller.*

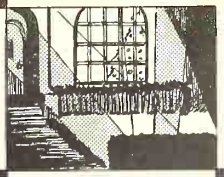
Friendly outdoor lights. Warm, colorful and bright. In front of thousands of California homes every year they glow with the living spirit of generous good will towards all men.

This year you may wish to vary your outdoor Christmas lighting scheme. Here are a few easy, practical ideas. Use them as they are, let them suggest some other new plan to you, or see your electrical dealer for further thoughts.

Draw back the curtains so the inside tree shows thru. Frame the windows outside with lights ⟵

Over the front door (or a window) a "wreath" of colored lights and "garlands" down the side ⟶

A "rainbow"—lines of lights around a symmetrical living tree ⟵



Use colored floodlighting to illuminate tinsel decorated trees or to brighten the exterior of your home ⟵

Single colors—all white, all blue, red or green lights are effective ⟶

Your nurseryman will furnish you a living tree—ready to plant and decorate. Then you'll always have it ⟶

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To Help You With Your

Holiday Entertaining

•

Table Decorations, Menus and Food Suggestions for the Happiest Time of the Year

By
DORIS HUDSON MOSS

Throughout December, the lovely Christmas dinner table shown above, the fireside decorations, and the New Year's Eve buffet table will be on display in Charm House, at The Emporium in San Francisco

THAT vivid and exciting week which includes Christmas and New Year's is, to most of us, so full of sparkling happiness, so deeply sacred, so breathtakingly lovely that it must certainly be shared with dear friends and kinsfolk. From such a desire to share one's happiness springs the spontaneous and sincere hospitality for which the West is famous. I list four of the best loved forms of simple entertaining which are enjoyed by families of Sunset Land during the holiday time when the world is a place of exotic beauty, blue light and silver stars, a strange combination of noisy frivolity, homey dignity, and the hushed beauty of religious silence.

The Christmas dinner is photographed above. Ideally this is the most dignified and beautiful dinner of the year. Here it is shown in all the glory of a Point de Venise cloth over ivory satin, gold and cream china, topaz glass and a topaz glass candelabrum. A wreath of red roses, maidenhair, and Christmas lights encircles a plateau mirror. The menu will be found on the opposite page. The glasses are: water goblet to the left, white wine glass in the center, claret glass to the right. Because there is no entree, which properly requires claret, the hostess has used this glass for carbonated cider; the guest may incline toward a preference.

The children's party in the small photograph to the left: England gave to us the custom of Christmas parties for children. A sugar plum tree is the central table decoration—a little Christmas tree, loaded to capacity with edible ornaments which little folk may snip off with blunt tipped scissors. And the food? Something hot as well as ice cream—and everything very simple, because everyone gives too much food to children this time of year. The secret of a successful children's party? Arrange fun for every minute; directed play avoids a dull or an overly boisterous party.

The Christmas Eve Fireside Supper, photographed at upper right on opposite page: A generous supper served from the tea cart means informality, comfort, and a minimum of work for Mother or the maid. (Menu on opposite page.) The cloth on the tea cart is Borano lace. Extra quantities of perfect coffee or tea will help the grown-ups to wait up for Santa Claus.

The New Year's Eve Welcome at bottom of page 13: It's luck to welcome the young year and kind to say farewell to the old. This buffet supper is to be served before midnight. The menu given opposite includes hot dishes so welcome in cold weather. The guests assist the hostess by serving themselves. The pottery china in the picture is Pompeian red; wrought silver and pewter are honest and suitable on the uncovered antique Spanish table. The salad bowl and relish dish are Italian ware.

Table settings shown are by Doris Hudson Moss, photographs by Ralph Young. All table appointments and furniture, toys, foods, flowers, and living Christmas tree, courtesy of The Emporium

CHRISTMAS EVE FIRESIDE SUPPER

Chilled Fruit Cup with Cranberry Juice

Chicken (or Tuna) and Domestic Mushroom Patties
Canned French Peas Duchess Potatoes
Celery Stuffed with Roquefort Cheese
Hot Buttered Toast Raspberry Jam

Hot Individual Mince Pies or Plum Puddings with Vanilla Ice Cream

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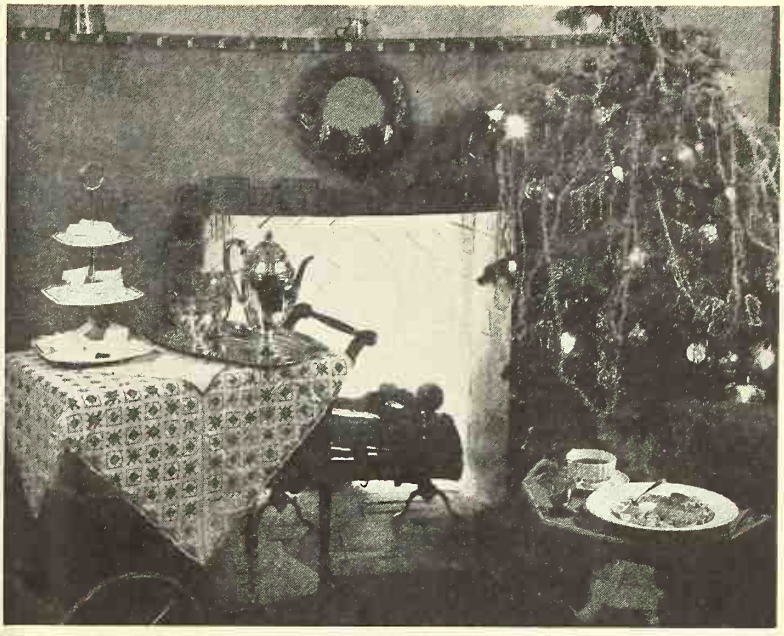
Tea Coffee



Christmas Eve supper by the fire deserves to become traditional in every western home

THE CHRISTMAS DINNER

Chilled Clam Juice and Tomato Juice Cocktail
Canapes of Philadelphia Cream Cheese and Minced Green and Ripe Olives

---

Clear Bouillon (canned) with Thin Slices of Lemon and Avocado
Melba Toast, Star Shaped

Sliced Orange and Grapefruit Salad on Lettuce
French Dressing with Minced Onion
Hot Crisp Buttered Crackers

Roast Turkey with Giblet Gravy and Mashed Potatoes
Sausage Stuffing
Creamed Onions with Capers Cranberry Jelly
Crisp Celery Hot Cloverleaf Rolls
Pickled Pears, Peaches, or Figs

Frozen Pudding or Pineapple and Maraschino Cherry Sherbet
White Fruit Cake

Spiced Nuts Mints Coffee

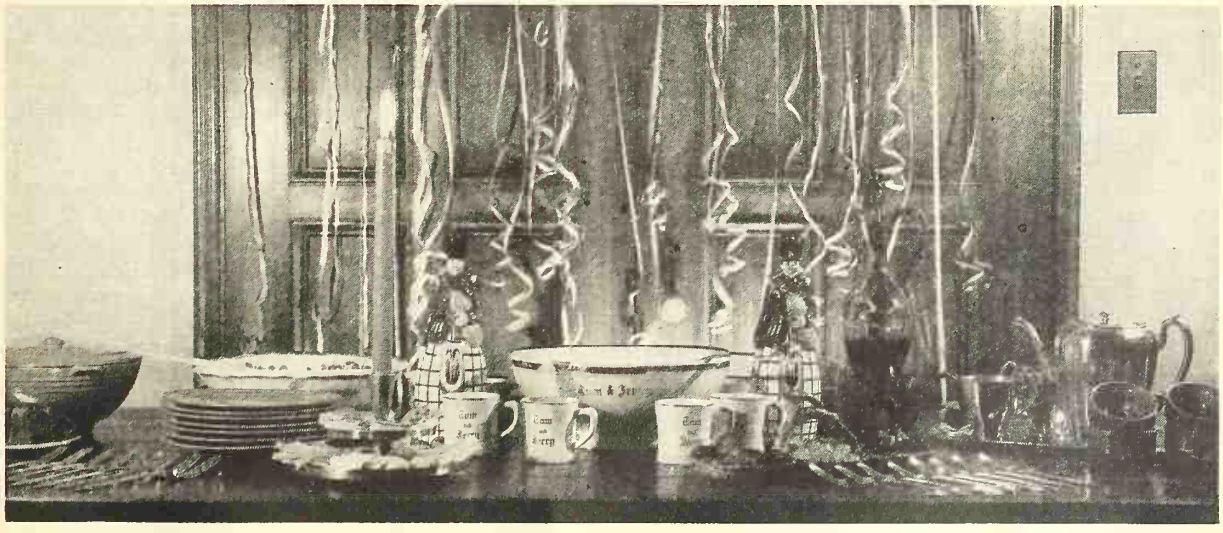
NEW YEAR'S EVE WELCOME

Assorted Sandwiches, such as:
Crab with Celery Pimiento Cheese
Olive and Nut Anchovy and Rye Bread
White Bread and Butter

Assorted Relishes, as follows:
Pickled Onions Watermelon Pickles
Stuffed Gherkins Ripe Olives
Stuffed Green Olives

Casserole of Baked Spaghetti
with Tomato, Chicken and Mushrooms
Bowl of Chiffonade Salad
Assorted Cheese
Hot Tom and Jerry or Mulled Cider Coffee
Fruit Cake Individual Burning Plum Puddings

Thoroughly informal and thoroughly enjoyable is the New Year's Eve buffet supper



Three Christmas Suggestions

Adventures in Woodworking

IN tree descriptions such as Sudworth's, how often we read "The wood is probably suitable for small articles, but it is little used because of the small size (or the scarcity) of the tree." Being interested in trees, and in making things, it has become a hobby with me to pick up wood from little known trees and see what can be done with it. Many of these little known woods have beautiful color and grain, and work into furniture and small objects which are more than usually interesting, both to make and to own, because of the uncommon wood. Many woods which are standard for one use have been neglected for others: Tennessee Red Cedar, for instance, is thought of only as the material for chests. Its many possibilities in other cabinet work have never been recognized. Other woods, such as Pacific yew or hawthorne, which are available only in such small pieces that they are impractical for furniture, can be used for small turned work and for inlaying, with striking results.

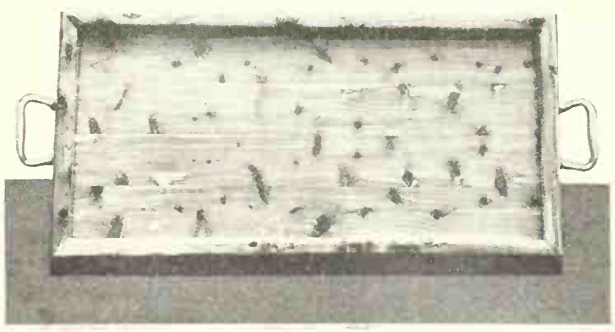
I once saw a very beautiful serving tray made from the iron-hard almost black wood of a mesquite. The dense brown wood of the mountain mahogany, which grows in the coast ranges of California and Oregon, is similar in coloring, yet different from teak. Oregon myrtle, from the same region, is locally much prized as a fine cabinet wood.

The lemon yellow aromatic wood of the Alaska or yellow cedar is used for finish on fine boats on the Pacific Coast, but it is rarely seen otherwise. The buildings at Paradise Valley, in Rainier National Park, which are built of weathered logs of this wood, and finished and furnished with it inside, are a revelation of what can be done with a rare wood. This tree grows in the mountains of Washington and British Columbia as well as in Alaska.

The somewhat similar yellow wood of the California nutmeg (Tumion) which is a rare tree but sometimes reaches timber size in the Redwood country, is so highly prized for pattern work that attempts are being made to grow it in more abundance.

The wood of the Southern holly is smooth and close grained, and its extremely white color makes it very good for inlaying. Eastern dogwood is made into millions of shuttles every year; this same firmness and its pleasing pink-violet color make it desirable for many small objects. It is interesting to know that the common persimmon, which is used for the same purpose, is a close relative of the tropical ebony.

In colonial times butternut was a (*Continued on page 26*



Our Prize Winning

LAST December, we wished everyone in Tucson a Merry Christmas with a novel window "transparency," which cost exactly sixty cents! After much interest had been shown by those who passed our home, the window was entered in a city-wide Christmas Cheer Home Decoration contest. It was given the grand prize on home window decoration in this contest conducted by firms in the city cooperating with the Arizona Daily Star, our morning paper. Hundreds of people stopped beside the house to look. Many came into the yard to inspect it, and several asked to see the window from the inside.

Do you remember the picture of Betty Co-Ed and Joe College trimming the tree on the cover of the December 1932 SUNSET? Well, we duplicated that picture on our front window! Crepe paper, nine rolls of it, and a tube of iron glue were our tools.

The process of enlarging the cover was done on the picture itself with light pencil lines (no one ever destroys a SUNSET, you know). The Christmas tree was made first. We cut a half at a time, splicing in the middle. The center row of ornaments served as seals to hold them together.

We made the tree of two thicknesses of green crepe paper, one a light green and one a dark green. The dark green was trimmed two inches smaller to give the effect of an illuminated border. The two layers glued together in a few places aided us in applying the trimmings. Using a saucer as a pattern we made chalk circles on the dark green paper. These were carefully cut out (leaving the lighter green in place behind it) and another bright spot was

from Three Sunset Families

Window Decoration

glued in the center. The ball was glued in its place. (The light green paper serving as foundation was yet so pale that it did not in the least affect the other colors placed upon it.) For some of the ornaments a brilliant spot smaller in size was glued in the center of this light colored background. On others we used a doughnut effect allowing the light green to remain as the center color. The popcorn or tinsel strings were first cut in the dark green paper, then by trimming slightly and cutting out pieces, we glued down the resulting tabs onto the light green background, with a very effective result.

The tree was constructed on the floor and glued half at a time to the window pane. The same effect could be obtained from a smaller window. We began on the boy friend. We cut the entire silhouette of white paper and attached such minor accessories as his pants, belt, socks, tie, hair, eyes, face, etc., of colored paper. We cut away the Christmas tree beneath his arm, gluing all edges securely. We glued him to the window and then placed the ladder under him. Betty Co-ed offered no difficulties. She, also, had a white background, to which her red blouse, socks, shoes, face, cheeks, etc., were attached. Wherever lines were needed, we used broad crayon lines.

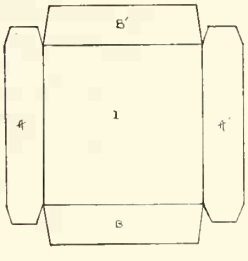
After having completed the window we turned the light from the two student lamps upward onto the pane from the floor. The general effect from the outside was that of a huge oil painting. Any picture with simple lines can be used in the same way. We have a picture of a Mexican in Fiesta garb to use this year.—Mrs. Chester H. Smith.

I Cover My Own Holiday Boxes

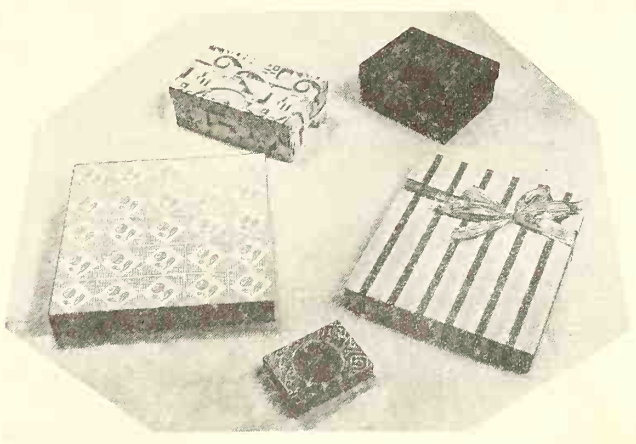
A BOX at Christmas time has such possibilities! It may be a gift in itself, or it may be simply a beautiful container for a beautiful gift. In any event, you will find box covering a fascinating occupation for the early days of December. Gay wall coverings, Italian papers, and exotic Chinese wrappings make excellent materials for covering boxes. The trick in making a smooth box is to dampen the paper thoroughly, before paste or glue is applied. As the moisture is evaporated, the paper on the box shrinks just enough to straighten out obstinate wrinkles.

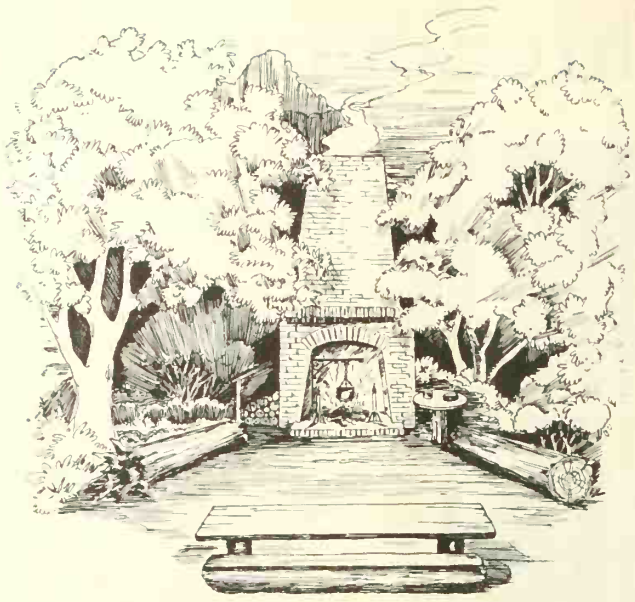
A flat box that is made to hold a dress for a little girl may be covered with wall paper having Alice in Wonderland characters for a design. First turn a piece of the wallpaper face down on the table. The box cover, top side to the paper, is placed over it, and we draw lightly around the square in pencil. With a ruler a distance is measured from this square (see drawing) for a second larger square. This distance should be once and a half the depth of the sides of the box cover. The larger square is cut out, and the corners cut and shaped, as the drawing shows.

No definite proportions can be given for the slightly slanted ends of B and B′, as the slope is to compensate for the difference between the inner and outer lengths of any box side.



With wet cotton the paper pattern is thoroughly moistened from the wrong side. Paste or vegetable glue is then evenly spread over the entire surface. The box cover, top side down, is placed in 1, where it fits exactly. Hastily wiping pasty fingers on the damp towel, we turn the cover right side up. Working with thumbs and fingers from the center out, the paper is swiftly smoothed on. Again our box cover is turned upside down on a swiftly selected area of clean wrapping paper. "A" is smoothed up over the outer surface of the cover side. The flaps of "A" are pressed around the corners of the adjoining sides. The remaining width of A is pressed over to the inner surface of the cover side. The process is repeated with A′. B and B′ are smoothed on their sides, and (*Continued on page 26*





Designed by
HORACE COTTON
Landscape Architect

How to Build

An Outdoor Fireplace

A GARDEN fireplace is one of the simplest and most satisfactory garden accessories. It never wears out and the cost of maintenance is practically zero. It easily becomes the nucleus of a most charming and ornamental garden corner and is useful in many ways, as well as ornamental.

The effect of a fire out in the open is more pleasing if a location can be selected where there is almost complete isolation from artificial surroundings. If there are any large trees or overgrown shrubbery on the grounds, they will form an ideal enclosure. If no such good fortune exists, then make the most of it by planting fast growing trees which will eventually give the privacy desired. An area of at least twenty or thirty feet should be available, although areas of smaller dimensions can be used if necessary.

Erect the fireplace on one side of the open area where there are no dense overhead tree tops to interfere with the draught and the rising column of smoke. Provide a fuel box where it will be handy, yet out of the way. If possible, drag a couple of logs next to the fireplace, one on either side, and use them for rustic seats. Place a rough table some ten feet in front of the fireplace with split logs for benches; and also, a small service table, preferably a section of a log placed upright, near the fireplace where uncooked provisions and utensils can be placed. All furniture should be rustic in nature.

Directions for constructing an open-air fireplace, according to the dimensions given on opposite page, are as follows:

1. Follow the dimensions shown on the plan. If a different size is desired change the measurements to suit, but keep the proportions the same.

2. Use a 1:3:6 mix for the concrete foundation. Be sure to allow for the step-down in front where the border brick are placed on edge.

3. The floor and sides of the firebox should be of firebrick with a fire-resistant cement used for cementing the joints.

4. After laying the floor and allowing it to set thoroughly, build a form of rough lumber to fit the curve of the firebox-back and place in position, holding it firmly in place by vertical struts in front. The curve of this arc is on a five foot, three inch radius.

5. Cut out a wooden form the size and shape of the fireplace opening in front, and place in position, bracing it in well with the form for the rear wall.

6. After placing the firebrick for the rear wall and sides of the firebox, the main part can then be started.

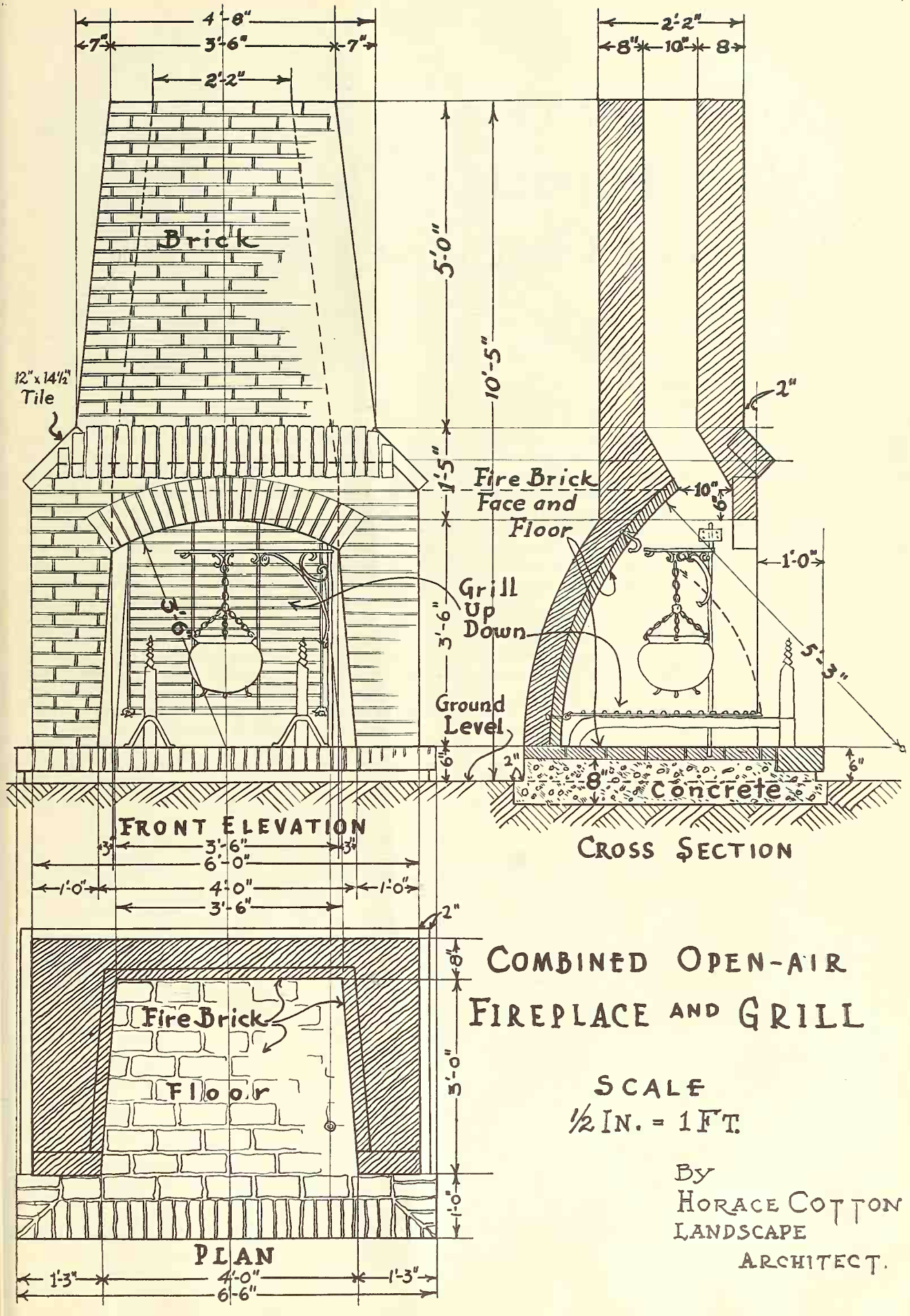
From this point on there is a choice of materials. The simplest from the standpoint of erection and also the least expensive, is of brick. Common brick or second hand brick at $7.00 per thousand make a very artistic effect. Two thousand brick would be ample for the complete job. The combined cost of the sand and cement should not exceed $6.00 and for the miscellaneous materials used $5.00 should easily cover, thus making a total expenditure of not more than $25.00.

Rough, weather-worn stone can also be utilized if preferred. It makes a more rustic effect than brick as the color tones in better with the trees and foliage.

A very serviceable, though less artistic effect, can be made by using solid concrete. The cold and hard finish of concrete can be eliminated by covering the outer surfaces with square floor tiles, mosaics and ornamental tiles.

The only essential equipment is a grill for cooking steaks, etc., and a pair of long handled wire prongs for toasting marshmallows. For convenience it is also nice to have andirons, a pot and crane, tongs, poker and fire hook.

These pieces of equipment are fairly well standardized with the exception of the grill. Most of the grills now in use are too light in structure. A good grill should have rods a quarter of an inch in thickness and the rods should be about an inch and a quarter apart. If there will be a demand for a large number of grilled steaks at one time, the grill can be made the full size of the fireplace. The one shown in the illustration is three feet by three feet square. It is hinged at the bottom and anchored to the rear wall so as to swing upward and against the back of the fireplace when not in use. A hinged hook fastened at the top will hold the grill back out of the way. If only a small one is needed, then it is more convenient to have a removable one. In either case, the andirons are used to keep the grill at the right height from the floor. If no andirons are to be supplied, then it will be necessary to have eight inch metal legs attached to the grill itself. (*See opposite page*



COMBINED OPEN-AIR FIREPLACE AND GRILL

SCALE
½ IN. = 1 FT.

By
HORACE COTTON
LANDSCAPE
ARCHITECT.

A Few of Our Most Popular Types of Cactus

Described By

Carleton A. Scheinert

SEVERAL years ago when Pershing was chasing Villa across the Mexican border I had to dig up cactus to make a place for a tent to stand—or my body to lie. "Rainbows" and "Fishhooks" found places in little gardens before our tents, and when a boy came in after "lights out" he was almost sure to find a spiney companion waiting for him between the blankets? Bare feet—cactus spines—commotion! How innocently we awakened!

To own a cactus was a rare thing in those days. But now we find the seedsmen in far-off New York, Chicago, Philadelphia (and of course, those on our own West Coast) offering plants and seeds of cactus and other succulents, because of demand! Flower shows are given at which only these strange plants may be exhibited. San Antonio held its first in 1933, the Chicago Fair gave an entire week to a flower show of only cactus and succulents. To own one cactus means that we soon have a collection, for we must admire these plants which live and bloom in arid places—not because they prefer to, but because they have learned to meet and overcome adverse conditions of living.

At top of page we have Opuntia basilaris, a spineless prickly pear. At left, blossoms the lovely flower of the "Rat-Tail"

One of the most popular of the cacti, however, is not spiney, but has flat, leaf-like stems, the flowers springing from the serrations of the leaves. Such is the "Crab," so-called from its fancied resemblance to a crab's foot, and the "Christmas" and "Easter" Cactus, named for their time of blooming. Natives of the Americas, they have been cultivated in England for over 200 years, and many hybrids have been developed. Very ornamental, they are easy to care for, and are very free bloomers. A cutting of a single leaf becomes a large plant within three years, its many leaves bowed down with the weight of the many flowers. Varying from pink to deep brilliant red, some of the blooms are eight inches or more across.

The night blooming Cereus, of which there are several kinds is well-known to most of us. One favorite, a native of Peru, is the Cereus popularly known as the "Rat-Tail" because of its long, drooping, pencil-like stems. As usual with the Cereus type, the spines are nothing more than short bristles or hair, permitting petting with no sad results. The flowers are a deep rosy-red, with yellow stems and great pistil standing out vividly. It is surprising to see such small stems put forth such large, lily-like flowers, so out of proportion to the stem's diameter.

Botanists use the prefix "Echino" when describing a very spiney cactus, and so we get the name "Echinocactus." These are usually globular, with long, stout spines, their blooms being small, coming in a ring about their top. Their chief attraction is in their vari-colored spines, contrasting with the green stems. One has pale red spines which when lightly sprinkled turn to a brilliant crimson and yellow. Another will have dark purple spines, while still another has luminous orange spines. In a large pot or in the cactus corner they serve us well—but not on the dinner table!

Often seen in cactus gardens is a small ridged globe about the size of a peach or an apple. It is called "Echinopsis," about midway between a Cereus and a small Echinocactus. Its flower is a beautiful trumpet some seven or eight inches long, a white tinged with lavender, and it is deservedly popular. New growth comes from the spine cluster (as does the flower) and then we can remove it, start a new plant to trade a friend for some type we do not have. That is the way our gardens grow! We do not worry about the mouth-filling botanical names, but give names of our own which stick, such as the "Prickly Pear."

Most of the Prickly Pears deserve their names, but at least one is practically spineless, having nothing but a few short red hairs at each bud. Collectors know it as *Opuntia basilaris*, Opuntia being the Prickly Pears' family name, the other this plant's individual name. The flat leaves are from five to eight inches long, purplish in color, and instead of building one pancake on top of the other, these leaves usually spring from a common base. The flowers are about three inches in diameter, a beautiful rose purple, and one leaf may have as many as six or seven buds along its edge, blooming in succession. From among the Prickly Pears we must choose this! Increasing our holdings by remov-

ing the new leaves after they develop and starting new plants.

Once again we find the Cactus contrary, for all cuttings must be thoroughly seared and all traces of moisture in the cut gone, before they are put into the ground, otherwise they will rot. This searing takes from three days to two weeks, varying according to the size of the cutting. The wound must be thoroughly healed.

Any part of a plant will grow into another plant if there are buds—the source of the spines—on the cutting. In potting, a fourth of the pot should be filled with stones, for good drainage is essential. If we have a cactus corner in the garden it should be where it receives a natural drainage from the slope of the ground.

On the stones in the pot put leaf mold, then fill to the top with a good loam, with which some sand has been mixed. Plant the seared cutting, and do not water until after roots have appeared. Cacti and other succulents appreciate a good loam and flower the better for it. Even packaged fertilizers may be used with benefit, for cacti, like any other plants, need food from the soil. They did not pick the sandy, arid, sun-scorched country to grow in, but overcame circumstances, adapted even their stems and "leaf" structure to it, living when necessary from the water and food stored in their cell structure. "Living off themselves," however, does not encourage sturdy growth and flowers. Too many of our cacti and other succulents are living despite our treatment, and not because of it!

Water held about the roots, unable to drain away quickly, is the chief enemy of cactus and other succulents. It causes rot to set in which destroys the plant. However, if discovered in time, the rotted part can be cut off, the remainder seared and started once again. If curiosity overcomes us, if we ask how can they start in dry ground without water, we can pull them up any time during the first two or three weeks, and look. They will not be disturbed! But after roots have started, they should not be disturbed. If roots are crowded, as in window boxes or pots, we get better growth (if they can get food). A watering every two weeks is enough, a little more for a few types, less for others. While the ground is moist do not give water. *But do water!* Give the roots food. Give them eastern sun, when possible, with shade part of the day, to prevent the healthy green from getting yellow from a too hot sun.

Echinocactus Le Contei, a rather rare variety whose red and yellow spines turn crimson when sprinkled

No collection is complete without a few specimens of the many leafy succulents. The cactus is a succulent, so the culture applies to the "other" succulents, usually called just "Succulents." Among these are the well-known Sedum, the Aloe and its miniature, the gasteria, the "Deer's Tongue," and Sempervivum and Echeveria.

How well we know the old-fashioned "Hen and Chickens" and its bright cockades of orange and yellow flowers. It is the house leek of grandmother's garden, and once it was considered a protection against lightning. Coming from the mountains of Europe they are fairly hardy, like many of the cacti. They like shade and some water. Under the mother plant we see the little ones appearing, like chickens under the protecting wings of a hen! These small rosettes, plucked off, form the new plants. Once called a "Sempervivum" it is now known as the "Echeveria." Another of this group is more modern, its rosette of leaves white tinged with purple. The flowers are held on woody stems, white and star-shaped. "Discovered" rather recently it has many individual names.

New types of cacti are being discovered almost every day, hybrids formed by crossing—the varieties from which to choose seem endless! Let us add them to our gardens, put them in pots and window boxes. They are easy to grow, especially in our SUNSET gardens.

Reading from left to right, "Hen and chickens", a type of Phyllocactus, and the Echinopsis

The Way To Prune Fruit Trees

Explained by

Harry L. Holmes

Bakersfield, California

AS winter approaches and the leaves begin to fall off our deciduous fruit trees, we feel that urge to get busy with the pruning shears and saw, to reduce the amount of wood on those trees. We have seen our neighbor do it for years, we have driven into the country and have seen orchards getting their yearly pruning, so we have habitually whacked up our trees each winter because it seemed to be the thing to do.

How many of us, I wonder, have ever sat down to reason out just why this winter pruning, and just how it should be done to give the best results.

The annual pruning should be an operation to open up the tree to admit sunlight; to decrease the amount of fruit buds on the tree; to clean out diseased and dead wood; and to promote new growth in our trees so that good fruit wood may be coming on continually for a long period of years.

We want to prune so that little of the energy of the tree is wasted, but used for fruit or permanent vegetative development.

The leaves are practically the only means the tree has of producing energy for growth. In the leaves plant food is manufactured. Here the green color (chlorophyll), plus water brought up from the roots, plus carbon dioxide from the air, are brought together, and in the presence of sunlight, starch is manufactured. Needless to say, since the leaves determine the amount of food or energy developed, any pruning which reduces the leaf area of a tree reduces the growth it can make either vegetatively or in fruit.

The less a young tree is pruned, the more quickly it will attain size. We should prune it only enough to take out the branches not needed, and do this, if possible, as soon as they appear in the summer so as to remove little leaf area. Heavy stubbing back always retards development in either young or old trees and surely should not be practiced.

Heavy stubbing back of the past season's growth materially decreases the mature leaf area the next Spring, thus decreasing the amount of energy. Also the wood growth made with this system of pruning will be largely long succulent shoots coming from these stubs left. The greater percentage of these would be removed with next year's pruning; others would be stubbed back and the same operation performed year after year with great loss of energy.

To promote more growth and the proper kind of growth, do not stub your trees, but thin out and cut to laterals. A rule of pruning should be, always cut back to another limb so that this smaller lateral may take up the growth and prevent the development of so many long vigorous shoots. With this type of pruning more mature wood is left, a greater leaf and fruiting area is left, and the type of wood growth produced next growing season promotes enlargement of the limbs and roots of the tree and increases fruit spur growth; this eliminates, to a large degree, the long succulent shoots which must be cut out the following year. The height and spread of your tree can always be kept under control by cutting back the higher wide spreading branches to shorter lateral limbs; but always to another limb, so that stubs are not left.

A tree is ready to bear fruit just as soon as it is large enough to hold up a crop. An apricot tree, in the San Joaquin Valley, pruned by this method may bear 50 or 60 pounds of fruit the third summer.

Do not cut the young tree back any more than necessary to get the desired shape. Cut out only those limbs not needed and do not stub back those left. Do not, however, allow these long slender limbs to bear fruit on the ends or it will pull your tree out of shape.

As the tree gets older it may be pruned as severely as necessary to promote continued good fruiting. The amount of pruning depends upon the length of life of the fruiting wood on the tree. Peaches bear almost entirely upon the past year's new growth, so they need be pruned most severely in order to promote this new growth and then to thin part of it out. The apricot bears upon new growth and upon short spurs which remain fruitful for 2 to 4 years. They, then, do not need quite as severe pruning as the peach, for some of their fruit wood is carried over from year to year in fruit spurs. Trees, as the apple and pear, which have spurs which may be fruitful for 12 or 15 years, need relatively little annual pruning. Always make the cuts so that the surface of the wound is nearly parallel with the limb left on. Cut close so that no short stub is left to die back or send out water sprouts.

Into the small back yard we usually want to crowd a variety of fruit trees. These are then pruned severely in order to keep them from crowding, but they grow merrily on, producing a rank top growth which shades out the lower wood. If these trees with the fruiting area far above the ground are not too old they may be cut off at four to six feet above the ground and rebuilt, to develop a fruiting area near the ground. A safe practice may be to cut off half the limbs one year and half the next to prevent too great shock to the tree. These cut-off framework branches will send out water sprouts and the tree can be rebuilt from these.

A whole tree of any one fruit is usually more than one family may use to advantage. A good practice, and one which will prevent so much crowding in the yard, is to grow several kinds upon one tree. For instance, it is entirely possible to grow apricots, plums, peaches and almonds all upon the same tree. One may have an early eating peach and a midseason canning peach on the same tree, by budding.

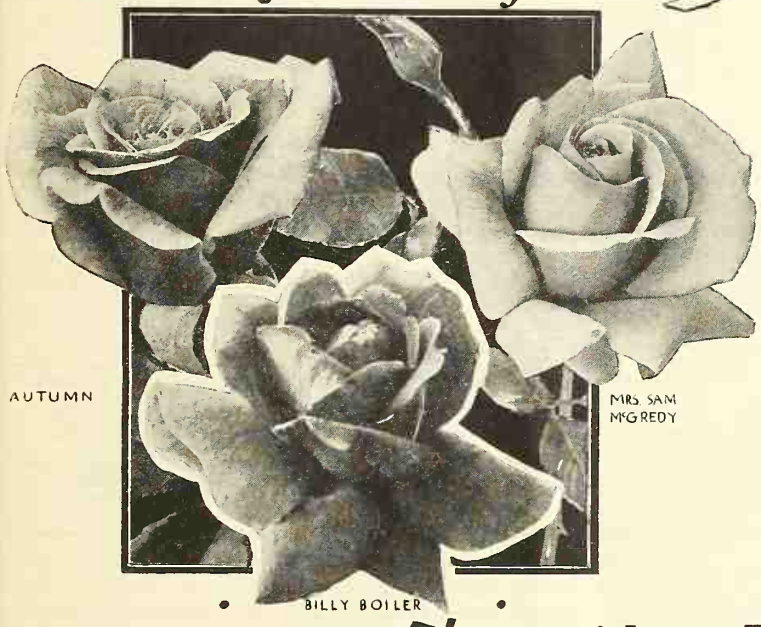
In California, pruning may be done now. In the Northwest it is usually done a little later—in February or early March.

It's a Good Idea
to give garden gifts to your garden friends. There are so many possibilities—choice seeds, bulbs and plants; little gadgets such as plant markers, bird houses, and garden shears; elaborate gifts like sundials, birdbaths and statuary, and, lastly, the always welcome garden books. If you want further suggestions for garden gifts, write us.—Sunset Garden Department.
MERRY CHRISTMAS
CHOICE SEEDS
MERRY CHRISTMAS

New — Unusual

ROSES & FRUITS

Created for Pacific Coast Gardens



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Three Brilliant New Roses

Quite new and very rare as yet in Pacific Coast gardens, three of the finest roses ever introduced.

MRS. SAM McGREDY
Lovely flowers of a beautiful copper-orange, heavily flushed with lincoln-red.

AUTUMN
A superb shade of burnt-orange, heavily suffused with russet-brown, bronzy-red, and rich yellow. The most intensely rich coloring in Roses.

BILLY BOILER
A startling new Australian Rose of rich scarlet on unbelievably long four-foot stems, unfading in the hottest sun and deliciously fragrant.

OFFER No. 1
The above three new and unusual Roses all for **$2.00**
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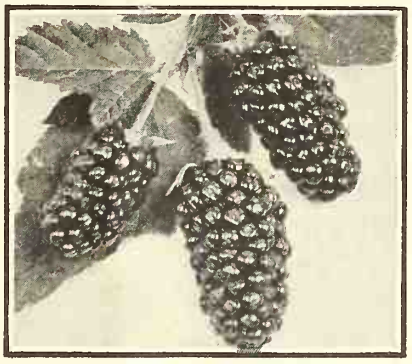
$2.20 to Ore. and Wash.

Three New Fruits

These three fruits are new on the Pacific Coast and two of them have never been offered anywhere prior to this season. They represent the highest attainments in horticulture and embody new flavor, consistent bearing qualities, and remarkable adaptation to climatic conditions.

The New KOSMO BLACKBERRY
(U. S. Plant Patent No. 39)

A new heavy bearing blackberry with big, jet-black berries so sweet and juicy that they melt away in the mouth. Each vine with 8 or 10 ft. canes and loaded with berries very early in the season. An extraordinary berry.



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A new hybrid peach bred especially for the warmer sections of the Pacific Coast and absolutely sure to bear a crop every season. A beautiful red-cheeked, white-fleshed June-ripening peach, firm and long keeping, but with the finest flavor a peach ever possessed.

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(Patent Applied for)

You will marvel at the honey-like sweetness, abundant juice, and surpassing flavor of this magnificent new blood plum with rich red flesh.

One tree each of the BABCOCK PEACH and the MARIPOSA PLUM, together with three heavily rooted plants of the new KOSMO BLACKBERRY.

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All for **$2.50**
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The Kitchen

TRADEMARK REGISTERED.

These recipes are designed to be clipped and mounted on cards for your recipe file, or they may be pasted in your cooking scrap book

Betsy-Retsies

(*Illustrated on these pages*)

Editor's Note.—These are positively the easiest little hot rolls to make, and the easiest to eat, that we have tried in a long time. Whether you have ever attempted anything made with yeast in your life or not, you will be successful with these if you follow the very simple directions. Here is the recipe:

1 egg, beaten in large mixing bowl
1 teaspoonful of salt
1 tablespoonful of sugar
1 cake of compressed yeast
1 cupful of sweet milk, lukewarm
½ cupful (scant) of melted butter
2½ cupfuls (approximately) of sifted bread flour
More butter, melted, for dipping the rolls

Mix the ingredients in the order given, stirring in the flour to make rather a stiff batter—not so stiff as dough usually is made. Let rise in a warm place for 4 hours, or a little less if the batter becomes extremely light before that time. Stir down with a spoon, turn out on a floured board, and turn and fold until sufficiently well floured that the very soft dough can be rolled out quite thin without sticking too badly to the molding board. Cut with a floured biscuit cutter. Have butter melted in a small pan; dip each biscuit into the butter, and place two together—one on top of the other—on an oiled baking sheet. Let rise until very light—about 1½ hours—then bake in a hot oven (425 degrees) for about 15 minutes. If preferred, this dough can be dropped by small spoonfuls into buttered muffin tins, instead of being rolled out and cut. The muffins are allowed to rise as directed above, and baked. These are not quite so attractive as the cut-out biscuits.—Mrs. E. F., Los Angeles, California.

A GOOD DINNER ANY DAY

Veal Cutlets Baked in Milk
String Beans Brown Rice
Sweet Pickle Relish
*Betsy-Retsies Youngberry Jam
Apricot Jell Dessert
Crisp Chocolate Cookies
Coffee

Calico Salad

1 cupful of fresh boiled potatoes, diced
1 cupful of cooked new carrots, diced
1 cupful of cooked new turnips, diced
1 cupful of cooked peas or green beans
French dressing
Onion juice
Head of lettuce
Mayonnaise

Mix the vegetables carefully, and cover with French dressing to which a little onion juice has been added. Let stand several hours in the refrigerator. To serve, arrange crisp lettuce on a shallow dish or in a bowl, heap the vegetables in the center, garnish with olives, and top with a spoonful of mayonnaise. This is pretty, and good, too, and serves 6 to 10 persons.—Mrs. R. W., Puyallup, Washington.

SUNDAY NIGHT SUPPER FOR "COMPANY"

*Calico Salad
Cold Sliced Roast Beef
Heated Rolls Assorted Pickles
Prune Mousse
Crisp Cookies Coffee

Avocado Ring Mold

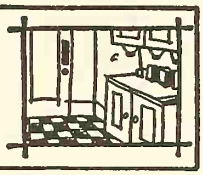
1 box of lemon-flavored gelatine
1 cupful of hot water
3 tablespoonfuls of lemon juice
1 teaspoonful of salt
½ cupful of tart mayonnaise
1 cupful of mashed avocado
1 cupful of whipped cream

Dissolve the gelatine preparation in the hot water; let cool. (Set bowl in pan of ice water to hasten chilling.) Add lemon juice and salt to the mayonnaise, then fold in the whipped cream and avocado, and fold all into the gelatine when it has reached the consistency of heavy cream but has not entirely congealed. Pour into a mold and chill until firm. Turn out on a large plate and serve garnished with orange and grapefruit sections—or, instead of the fruit, one may use vegetables such as green beans, carrot strips, tomatoes, or beets, first marinating the vegetables in French dressing for an hour before serving. Extra dressing may be passed. This is a sumptuous salad—really a meal in itself.—Mrs. L. K., Pasadena, California.

WHEN YOU ENTERTAIN AT SUNDAY NIGHT SUPPER

*Avocado Ring Mold with Fruit Garnish
Toasted Turkey Sandwiches
Little Cakes Coffee Tea

Cabinet



U. S. PATENT OFFICE

Will you share your favorite recipes with other Sunset readers? $1 is paid for every recipe published. Address The Kitchen Cabinet, Sunset Magazine, San Francisco

Crab Cocktail Unusual

Flake 1 can of crab, add 2 chopped hard-cooked eggs and a small can of caviar. Serve in cocktail glasses with a sauce made of ⅓ cupful each of catsup and chili sauce, with the juice of 1 lemon, ½ teaspoonful of A1. or Worcestershire sauce, and 2 drops of tabasco sauce, well mixed together. Have all ingredients very cold.—Mrs. C. E. W., Red Bluff, California.

COMPANY DINNER

*Crab Cocktail Unusual
Toasted Crackers
Celery Hearts — Ripe Olives
Pimiento Rice Ring with
Creamed Chicken
Buttered Green Peas
Sweet Pickled Figs
Hot Rolls — Peach Marmalade
Individual Orange Fluff Pies
Coffee — Salted Almonds

Spaghetti King

½ pound package of spaghetti
1 small or medium-sized can of tuna, flaked
1 tablespoonful of butter
1 can of tomato soup

Cook spaghetti as usual, in boiling salted water. Just before it is tender, heat butter in a frying pan, add the flaked tuna and stir together, then add the tomato soup. Drain spaghetti and add to mixture, heat thoroughly, and serve at once.—B. S., Waverly, Washington.

EXTRA-SPECIAL FOR FRIDAY NIGHT

Vegetable Soup — Crisp Crackers
Ripe and Green Olives
*Spaghetti King
Molded Tomato Salad
Wholewheat Bread and Butter
Lemon Chiffon Pie — Coffee

Red Apples with Mincemeat

SERVE THESE WITH TURKEY, PORK ROAST, OR WHAT YOU WILL

Peel and core apples, allowing half an apple for each person. With a paring knife make a diagonal cut about ¾-inch long in the center of the apple at one side, then cut up in the opposite direction in the same manner, and continue around the apple in that way. Pull apart, and the two halves will be in points like a crown. Put the halves into a thin sugar-and-water syrup which has been colored a pretty shade of red with fruit coloring, and let cook gently until tender without losing their shape. More sugar may be added as the cooking progresses, to make the apples richer. Take out of the syrup and place on a baking sheet, or in muffin tins if they are very soft, fill the center cavities with mincemeat, and let stand in the refrigerator until about half an hour before serving, then heat them in a moderate oven (375 degrees). These apples make a very effective garnish for the turkey platter, alternating them with large sprigs of parsley.—M. I. C., Chowchilla, California.

Halibut Baked with Cream

TO MAKE ONE THANKFUL FOR FRIDAY

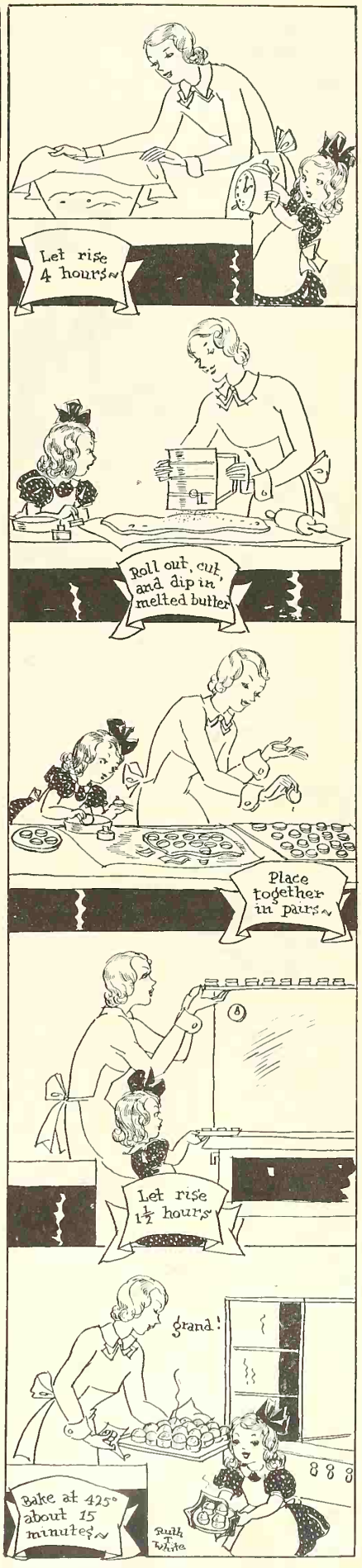
*Halibut Baked with Cream
Spinach Ring with Buttered Beets
Buttered Potato Balls
Head Lettuce — Hot Rolls
Fruit Jell Dessert — Coffee

Lay a good thick slice (2 pounds) of halibut on a buttered oven-glass platter, sprinkle with salt and pepper, and pour a cupful of cream or rich milk over it. Cover with seasoned stewed tomatoes or with seasoned slices of fresh tomatoes, and top with white onions sliced thin. Dot all liberally with butter and bake in a moderate oven (375°) until the fish is cooked, or about 40 minutes. Cover during the first part of the baking—a piece of dampened parchment paper makes a good cover. Serve on the platter on which it is cooked. This is delicious.—Mrs. J. L., Portland, Oregon.

Persimmon Ice Cream

GATHER PERSIMMONS WHILE YE MAY

Peel 6 large persimmons, well ripened, and mash the pulp well with 2 cupfuls of sugar. Add the juice of 2 oranges and 1 lemon, a pinch of soda, and a few drops of vanilla. Beat all well together, and add 4 quarts of rich whole milk or thin cream. Freeze at once, turning slowly. Makes about 6 quarts of delicious ice cream.—Mrs. W. J. C., Fullerton, California.


Let rise 4 hours
Roll out, cut, and dip in melted butter
Place together in pairs
Let rise 1½ hours
grand!
Bake at 425° about 15 minutes
Ruth White

Free!

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"It's Fun"... says Sunset Editor

"You'll have real fun with your Swedish Rosette Irons. With them it's easy to make delicately crisp rosettes, ever so good and novel, to accompany soups and salads, as well as to serve as a base for 'shapeless' foods—creamed fish and the like—and even as a foundation for clever desserts.

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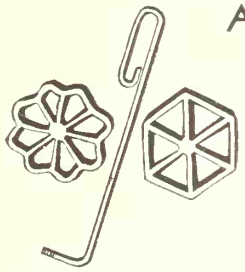
Sperry can afford to make this gift because advance tests show the newly improved Sperry Pancake and Waffle Flour is just the product most women long for and will gladly buy again, once they have tried it. The reason is plain: Sperry's new Pancake and Waffle Flour makes griddle cakes with that famous old-fashioned "sour cream pancake" flavor. And yet, the hotcakes and waffles made this improved way, are lighter, fluffier, *more easily digested*. Remember, too, that Sperry's Pancake and Waffle Flour comes all ready to use—just add liquid.



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Swedish Rosette Irons FREE for tops from two packages of Sperry's Pancake and Waffle Flour. Set consists of handle, *two molds*, and booklet giving instructions and 16 ways of serving.

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Please send me a complete set of Swedish Rosette Irons FREE and postpaid. I enclose tops from two packages of Sperry Pancake and Waffle Flour.

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Christmas Cookies

"Family Favorite" Recipes

Almond-Orange Ice-Box Cookies

1 cupful of shortening (half butter, half other shortening)
½ cupful of brown sugar
½ cupful of white sugar
1 egg, beaten
1 tablespoonful of grated orange rind
2 tablespoonfuls of orange juice
3¼ cupfuls of all-purpose flour
¼ teaspoonful of soda
½ teaspoonful of salt
½ cupful of almonds, cut small

Cream the shortening with the sugar, add the beaten egg, orange rind and juice, then the flour sifted with the soda and salt. Add the nuts and mix well. Knead lightly on a floured board to make a smooth dough, form into two long rolls, wrap in patapar, and chill. If oblong cookies are desired for a change, pack the soft dough tightly into a pound butter carton before chilling. When cookies are wished, slice off desired number of thin slices with a very sharp knife, place on an oiled cookie sheet, and bake in a hot oven (450 degrees) just a few minutes. Remove from cookie sheet to brown paper to cool. These are delicious at any time of year.—Marjorie H. Black, San Francisco, California.

Cocoanut Slices

1 cupful of shortening
2 cupfuls of brown sugar
4 tablespoonfuls of cream
3 eggs, unbeaten
2 teaspoonfuls of vanilla
1 teaspoonful of lemon extract
4½ cupfuls of flour
1 teaspoonful of cream of tartar
¼ teaspoonful of salt
1 cupful of cocoanut

Cream the shortening and sugar; add the cream and eggs, and beat hard for 3 minutes. Add the dry ingredients, mix well, then shape into two rolls and wrap snugly in patapar or waxed paper. Chill for several hours in the refrigerator. Using a sharp knife, cut in thin slices, and bake on an oiled cookie sheet in a moderate oven (375 degrees) until lightly browned.—Emma McCleery, South Pasadena, California.

Butterscotch Squares

¼ cupful of butter
1 cupful of brown sugar
1 egg, unbeaten
¾ cupful of flour
1 teaspoonful of baking powder
¼ teaspoonful of salt
½ teaspoonful of vanilla
¼ cupful of walnuts or pecans, chopped

Cook butter and sugar together until smooth and well blended. Cool to lukewarm, then add unbeaten egg and beat well. Add the flour sifted with the baking powder and salt, then the vanilla and nuts. Spread in a shallow pan (about 6x10 inches) lined with waxed paper, and bake in a slow oven (300 degrees) for about 30 minutes. Cut in squares when removed from the oven. When I make this recipe for my bridge club I double the recipe, and of course, bake it in a larger pan. These cookies are very nice served with fresh fruit and cream.—Mrs. Ernest Forestal, Los Angeles, California.

Rich Tea Wafers

½ cupful of butter
1 cupful of powdered sugar
Yolks of 6 eggs
Few drops of lemon juice
1 cupful of flour, sifted before measuring

Cream the butter, add the sugar gradually, and cream very thoroughly. Beat the egg yolks slightly, and add to the mixture with the lemon juice. Last, sift in the flour, and stir smooth. Drop a half-teaspoonful at a time on a lightly buttered cookie sheet, leaving plenty of space between the wafers. Bake about 20 minutes in a moderately slow oven (325 degrees). The wafers will spread out and form a flat rim; when this rim is a light brown the wafers are done.—Marion B. Stackable, Watsonville, California.

Kleiner (Danish Fried Cookies)

2 whole eggs
2 egg yolks
1 cupful of sugar
Grated rind of 1 lemon
1 cupful of blanched almonds, chopped fine
½ cupful of melted butter or vegetable shortening
2½ cupfuls of flour, or enough to roll out well on board
¼ teaspoonful of salt
½ cupful of milk

Beat eggs with sugar; add grated lemon rind, chopped nuts, melted butter, and then alternately the flour and milk. Cover dough tightly in bowl and let stand over night in a cool place. Roll out thin on a lightly floured board, and cut in diamond shapes about 2 to 3 inches long. Make a slit down the center, lengthwise of the diamond, and pull one corner through the slit. Fry in deep hot fat (360 to 375 degrees on the frying thermometer) until crisply browned. Drain on brown paper. These keep well and are delicious.—Mrs. Alice S. Lassen, Van Nuys, California.

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RUTH ADAMS, *Director* · Radio Meetings every TUESDAY and THURSDAY 9:30 A.M. · DON LEE CHAIN

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With Sesame French Dressing
(Mrs. C. E. Malin)

★ PORK CHOPS, Italian Style
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(Mrs. Edith J. Parker)

★ SESAME PLAIN CAKE
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Ruth Adams

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—and other fine foods all worth trying!

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This delicate golden oil is pressed from rich sesame seeds. It adds a nut-like flavor to salads and fried foods. Wonderful for deep-fat frying, such as croquettes, doughnuts, etc! Economical, too... doesn't cook away! May be used over and over again.

★ STUFFED APPLE SALAD

1½ cup finely chopped apples ½ cup chopped dates
1½ cup finely chopped cabbage
½ cup Sesame French Dressing 6 red apples

Cut off the top of each apple and remove core. Scoop out the inside to use as cups for holding the salad. Chop the scooped out portion and mix with the other ingredients. Add the Sesame French Dressing and allow the mixture to marinate for a half hour. Fill apple cups and top with mayonnaise.

SESAME FRENCH DRESSING

Mrs. C. E. Malin, 1604 Dale St., San Diego, Calif.

½ cup Sesame Oil 1 Juice of a Lemon
¼ cup Tarragon Vinegar 1 level teaspoon paprika
⅓ cup catsup 1 level teaspoon salt
¼ cup Granulated Sugar 1 grated onion (medium)

Beat with egg beater. Will keep a long time.

★ PORK CHOPS, ITALIAN STYLE

Mrs. Florence Fitzgerald, 240 Valley St., San Francisco

Allow one chop cut thick (from the shoulder) for each person. First dip each chop in cracker meal, then in beaten egg salted to taste, then again in cracker meal. Have a heavy skillet heated thoroughly. Pour enough Globe "A1" Sesame Oil to cover the bottom of skillet, about ¼ cup. When hot, place chops in skillet and brown nicely on both sides, remove from pan and in the oil fry one medium sized onion, two cloves of garlic and five or six tablespoons parsley all chopped fine. Cook about five minutes, then add one can tomato soup and let come to boil, place chops in sauce and let simmer for one hour. If oven is being used, pan can be placed in oven. I use a dutch oven.

★ SESAME POTATOES

Mrs. Edith J. Parker, 2307 Laverna Ave., Eagle Rock, Calif.

Choose russet potatoes of uniform size, pare and cut wafer thin, ⅞ of the way through. The uncut portion holds the potato together. Place in baking dish, salt well and baste often with Sesame oil, allowing at least two teaspoonfuls for each potato. Bake in 350° oven 45 minutes or more depending on the size of potatoes. The potatoes should be golden brown when done.

★ SESAME PLAIN CAKE

Mrs. Frances Joyce San Francisco

¼ cup Globe "A1" Oil 3 teaspoons baking powder
1 cup sugar 2 eggs 2 cups Globe "A1" Flour
½ teaspoon salt ½ cup milk 1 teaspoon vanilla

Add sugar to oil, mixing well. Beat eggs until light and add to the first mixture. Sift flour once, add baking powder and salt, sifting twice. Add alternately to the first mixture with the milk, and beat batter very hard for several minutes. Add vanilla. Bake in two layers in a moderate oven 375 degrees, about 15 minutes. Ice as desired.

MAIL THIS COUPON TO THE GLOBE MILLS NEAREST YOU..

SAN FRANCISCO · SACRAMENTO · LOS ANGELES · COLTON
SAN DIEGO or OGDEN, UTAH MS-3

Globe Grain and Milling Co.
Please send me the Globe "A1" Kitchen Club News and prize-winning Recipes.

*Name*_____

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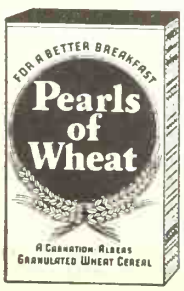
FREE
A HOME CIRCUS
for Boys and Girls
Mail me one (1) package top of Pearls of Wheat and I'll send you FREE 12 pieces to equip a CIRCUS ... character masks, animal masks, signs, and instructions how to build a real circus in your own home.
Mail me two (2) package tops of Pearls of Wheat and I'll send you FREE the 12 pieces for the circus—and 12 additional pieces to equip a swell SIDE SHOW. To simplify mailing peel paper top from cardboard.
Carlo the Clown, Carnation Co., 1054 Stuart Bdg., Seattle, Wash.

Order from your grocer today

PEARLS OF WHEAT

A nourishing hot granulated wheat cereal of finest quality. You save money two ways when you buy Pearls of Wheat. It costs less and always furnishes essential food values at low cost.

Yours for a good morning!



NRA MEMBER U.S. WE DO OUR PART

Woodworking

(*Continued from page 14*)

common cabinet wood, but since the tree was nowhere plentiful, and the wood is softer and mechanically inferior to walnut, its use has become rare. Nevertheless the wood is still available, from woods or from farmers' sawmills, and its peculiar texture and coloring, always beautiful, now especially set it apart in an age of standardized walnut furnishings. In much the same way work with cherry and maple can now achieve more than usual notice.

Some years ago it was my fortune to be in school with a young South American who also was interested in out-of-the-way woodworking. Once when he returned from a vacation at home he left his trunks, and instead, shipped his belongings in boxes made of great rough brown planks. Apparently the customs inspectors do not concern themselves with the material of packing boxes; at any rate, here they were, at no cost except the freight. From them I made several sets of candlesticks, which are important home furnishings in the Spanish countries.

Many other foreign woods come to us unasked,—the valuable woods of commerce and the less known but more interesting strangers together, as driftwood. On the beach at Gray's Harbor in Washington I once found in one pile of drift all the native softwoods, several of the local hardwoods, maple, oak and madrona, Redwood and Port Orford Cedar from hundreds of miles down the coast, Alaska Cedar from the North, Lauan lumber which was shipped originally from the Philippines, sound ship planks of teak, and several other tropical woods which only an expert could identify.—W. A. Markham, Seattle, Wash.

★ ★

I Cover My Own Boxes

(*Continued from page 15*)

firmly pressed over to the inner edges.

The bottom of the box is covered in exactly the same way. While everything is still damp, the cover is put on. Three elastic bands lengthwise and three crosswise, not too tight, are snapped about the box to hold it in shape while it dries for six or seven hours.

On opposite sides of the lower half of the box, two tiny slits may be made at the bottom. Through the slits, from the outside, are passed two ends of wide, rose-gauze ribbon, and these ends are pasted lightly to the box bottom. On goes the cover, and the gauze ribbons are drawn over the top to end in a smashing bow!—Nancy Urquhart.

A Letter from Aberdeen, Wash.

November 1, 1933

I have decided to keep the set of silver you so kindly sent for my approval. In fact I decided the minute I opened the package. I love the pattern and this combination of pieces suits my needs exactly, to say nothing of the low price which suits my purse. For two years I have looked around for the bargains in sterling silver but no set has appealed to me. This one fills every desire and I am so pleased. I showed it to a friend of mine who was so enthusiastic that she sent immediately for one like it.

MRS. L. F. E.
418 East First Street

Send to Us for Anything in Silver

We are very large dealers in sterling and in silverplate and will be happy to send you attractive prices on any pattern you fancy. Is your pattern in this list?

Antique	Etruscan	Normandie
Carmel	Fairfax	Orchid
Chantilly	Gadroon	Pine Tree
Chateau	Granado	Princess Mary
Cinderella	King Albert	Rhythm
Colfax	Mary II	Romantique
Coronet	Minuet	Rose-Marie
Empress	Miss Alvin	Early American
American Directoire		Georgian Colonial
Bridal Bouquet		William and Mary

The five patterns illustrated may be had in

40 PIECE SETS

8 of each item instead of 6, as follows:

MAINTENON	$50
MISS AMERICA	$60
GAINSBOROUGH	$60
BUCKINGHAM	$71
PRUDENCE	$77

Complete price lists, all pieces, open stock, on request.

We've made it pay *Sunset* readers to send to San Francisco for

Sterling Silver

Encouraged by the result of our October experiment in Sunset which brought us several thousand dollars worth of orders in the Maintenon pattern, we've decided to include a wider choice of patterns at equally attractive prices, in this second offer to readers of Sunset.

¶ For this San Francisco jewelry establishment is in a position to supply you with the sterling silver of your choice at prices which are lower, in our sincere belief, than any you can obtain in your home city, regardless of its size.

¶ This is our 25th birthday—our silver anniversary year. In early spring we planned a series of silver sales as an appropriate celebration. Silver bullion was then at the lowest price in history—23½ cents an ounce. So we bought large quantities, adding one exclusive pattern after another. We bought believing prices were low enough to insure a successful sale even in time of depression.

¶ And now silver has advanced. Bullion is up to 41 cents an ounce; all patterns have been advanced by the manufacturer. Yet while our stocks last we sell at the old, early spring prices—prices that were low even during depression.

¶ We obtained exclusive control of these patterns in our territory. And by this control were excused from the customary observance of the established price, so necessary when competitive merchants handle the same goods. So the prices are low—very low. Low enough to enable us to obtain orders from Sunset homes far away from San Francisco. From Oregon, Washington, Idaho, Nevada, Arizona, Utah they have come, and from as far east as South Dakota, Iowa and Kansas, as well as scores from every part of our own state. And every purchaser entirely pleased—every single one. And you will be pleased with your set. We guarantee it. We send the silver with the understanding that you may return it for complete refund if you choose, at our expense.

30
PIECE SETS

6 Luncheon Knives
6 Luncheon Forks
6 Butter Spreaders
6 Salad Forks
6 Teaspoons

AS LOW AS
$39

MAINTENON [*International*]	$39
MISS AMERICA [*Alvin*] . . .	$49
GAINSBOROUGH [*Alvin*] . .	$49
BUCKINGHAM [*Gorham*] . .	$53
PRUDENCE . . . . . [*Rogers, Lunt & Bowlen*]	$58

Less 5% for cash

Famous names behind these patterns . . .
Gorham · Alvin · International · Rogers, Lunt & Bowlen

The world's most noted silversmiths are makers of these various patterns. Every piece is stamped "sterling" insuring the quality as 925/1000 fine. The patterns are marvelous examples of skilled designing, each one embracing the harmonious and graceful lines of the period represented. The choice ranges from the ornate early English, through the severely simple colonial, to the modern. From this collection you may choose silver that will be a source of pride and satisfaction to you and your family through several generations. For the beauty of fine silver is ageless; it grows more lovely with the years.

Terms:

TEN PER CENT WITH ORDER,
TEN PER CENT PER MONTH.
FIVE PER CENT DISCOUNT FOR CASH
UPON ACCEPTANCE OF GOODS.

All goods sent upon approval, prepaid. All goods subject to return and refund, except when engraved.

ENGRAVING WITHOUT CHARGE, ANY TIME.

California sales tax of two and one-half per cent does *not* apply on shipments to other states.

SAMUELS

Jewelers

MARKET STREET *(Opposite Powell)* SAN FRANCISCO, CALIFORNIA

OVEN-FRESH

YOU CAN DEPEND ON THAT

SNOW FLAKES, light, flaky and oven-fresh, are a complement to any salad. You can absolutely depend upon their freshness and quality.

SNOW FLAKES are packed fresh from the ovens of a nearby Uneeda Bakers bakery. They are wax-wrapped to protect against moisture. Speedy sales are another factor in keeping stocks fresh everywhere.

Be sure you get Snow Flakes, in the familiar red package. And get the larger sizes—the thrift sizes.

NRA WE DO OUR PART

NATIONAL BISCUIT COMPANY

Uneeda Bakers

Cook Books
for Christmas Giving

If you are a very new homemaker, or if you know a girl who is struggling with the multiple duties of getting a new home organized and into good running order, you will be glad to know that a splendid book has at last been written to fit just such situations. The title of it is "Good Cooking," and the authors are Marjorie Heseltine and Ula M. Dow, both thoroughly experienced teachers of foods and nutrition.

This well-written book has plenty of fine recipes—over 400 pages of them in fact—but it has more than that. Its first three chapters furnish the foundation of successful home and kitchen management: Planning the Daily Meals; Spending Money for Food; and Success in the Use of Recipes. Then the beginning of every chapter gives up-to-date, sensible, understandable advice on how to buy the food in question, and other points usually left to the questionable "judgment" of the user of a cook book. "Good Cooking," published by The Riverside Press, is priced at $2.50.

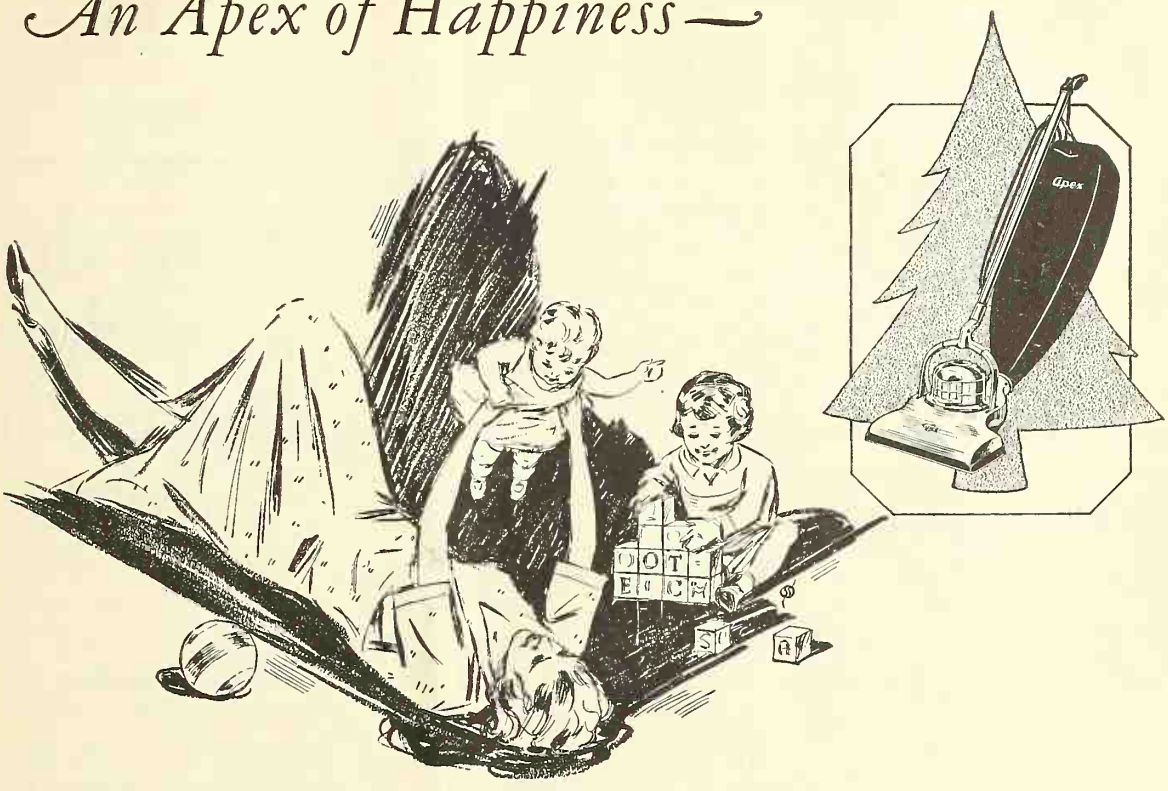
A year ago in these columns we mentioned the smart little book, "Canape Parade." We are glad to tell you now that Canape Parade (50 cents in a cellophane envelope) is still available, and that some highly attractive little companion books have joined the parade.

Twin to Canape Parade is "Cocktail Parade." This, in cellophane, sells at 50 cents also; or a combination of Cocktail Parade and Canape Parade, enclosed in an attractive silver paper envelope, may be had for $1. A funny little keg-shaped book, "3 Point 2 and What Goes With It" contains a collection of extra-good recipes for such old favorites as Welsh Rarebit, Blushing Bunny, Barbecue Beef, and so on. This is 25 cents.

Whether you care for the books just discussed, or not, you will approve of "Salad Parade." The title is a bit inadequate, for it contains recipes for 39 canape and 34 ice-box desserts, in addition to 31 salads and 12 salad dressings and relishes. All of these are the sort of recipes that you love to spring on your friends—things like Baked Grapefruit, Frozen Chicken—Bacon Salad, Caramel Coffee Ice Cream, Peppermint Mousse, and so on. The price of Salad Parade, in a smart gold-paper envelope, is 75 cents, postpaid.

If you wish to order any of these books for Christmas remembrances, please bear in mind that there is no time to lose. The earlier we have your order the earlier you will receive them. Address Editorial Department, SUNSET Magazine, San Francisco, and enclose the proper payment in check, money order, or stamps.—G. A. C.

An Apex of Happiness—



Motherhood...isn't it glorious?

But what has that to do with a vacuum cleaner?

BEING a mother! Compared to that joy and that privilege all others are as nothing. Out of pain and fear and misgivings it rises to triumphs which make the accomplishments of the business world trivial indeed.

In the dearest moments of motherhood, women forget the machinery of their daily life. For who would think of dishes to be done when there's a good-night kiss to be given? Or who would think of an Apex vacuum cleaner when the rug is meant to play on?

Yet Apex is important to a motherhood that demands deep intimacy with childhood. In saving for your children the time and energy you want ever so eagerly to devote to them, Apex vacuum cleaners contribute to better living.

We should, perhaps, apologize for saying little about the revolutionary new Apex DeLuxe cleaner, since it represents the greatest contribution to home happiness ever made by a cleaner. But somehow, with Christmas coming, we're sure you'll see it. Certainly we can ask no more.

● AFTER ALL, your Apex dealer is the one to introduce you to the new Apex, the greatest cleaner of all time...*bar none.* We'd merely like to suggest that a "cleaner" Christmas will mean a happier New Year...particularly if it's "an Apex of Happiness." May we send your dealer's name?

NRA MEMBER U.S. WE DO OUR PART

Apex

WASHERS • IRONERS • CLEANERS • REFRIGERATORS

MORE THAN TWO MILLION IN USE

APEX-ROTAREX MANUFACTURING COMPANY • OAKLAND, CALIFORNIA

Subsidiary of Apex Electrical Manufacturing Company, Cleveland, Ohio

ACCEPT AMAZING NEW HOT BREAKFAST FREE!

Makes a child eager to eat new type energy food instead of dainties at breakfast!

The average package of cold cereal contains 8 oz.

One package of Malt-O-Meal contains 24 oz. and cooks up to 11 lbs. of food

Combines Wheat with Toasted Malt in delightfully appealing new flavor. Supplies Energy in the Morning when most needed.

NOW has been revealed that foods more rapidly turn to energy during the active hours when the mind and body are *using* energy. That foods are stored up in the form of fat, when the body is resting—when it makes no call for an energy supply.

Paltry dainties eaten at breakfast are not enough to replace the energy used in daily work or play.

Above all, the body demands a good substantial breakfast.

There is now a breakfast food developed to give you this energy-stimulating hot food—in the morning when you need it. It is called Malt-O-Meal. It contains Wheat and Toasted Malt. This new type food supplies proteins for building up the muscles. This renews them. Gives the whole body increased muscular energy. So you feel eager to do things—ready for any activity.

Doctors recommend Malt-O-Meal as an energy food in the diets of normal or underweight children or adults, nursing mothers, and during pregnancy and convalescence.

This food, too, is an economy. One package of Malt-O-Meal cooks to eleven pounds of food. Costs less than one-half cent per serving.

Malt-O-Meal cooks in 2 to 3 minutes. Takes no more time to prepare than the coffee.

Get Malt-O-Meal at once. All grocers now have it. No other is like this. No other an energy food that so delights. Start serving Malt-O-Meal promptly.

For four servings Free to try, mail coupon today. Mail it now before you forget.

MALT-O-MEAL

Free Coupon—Good for Four Servings

The Campbell Cereal Co., Dept. A, Northfield, Minn.

Your Name .....

Address .....

City ..... *State* .....

How to Cook Our

Winter Vegetables

By Bertha E. Shapleigh

WITH improvements in the growing of vegetables, wonderful refrigeration and rapid transportation, it is possible here in the West to have *all* vegetables at any season if one has the money to purchase them. But there are certain vegetables, such as carrots, turnips, beets, cabbage and others, that are always in the market and so are often termed "common vegetables." They are cheap at all seasons and are valuable in the diet as they supply the needed mineral salts and vitamins.

These vegetables have a long and interesting history, too, having been in use for centuries. For example, it is related of the turnip that a certain Assyrian king, living long before the beginning of the Christian era, longed for anchovies, of which he was fond. There being none, his cook prepared turnips in such a way that the king thought they were anchovies! No recipe is given, and it is not related what he used to produce so marvelous a dish.

The old Romans considered cabbage a cure for drunkenness, and that vegetable was almost worshipped. So it goes. Our "common" vegetables in the past were thought to be anything but common.

I recall a cartoon printed in 1917 which represented the potato and the cabbage as young men dressed in evening clothes breaking into society. I can remember when the people of this country considered carrots fit only for cattle to eat. But Europeans had many delicious ways of cooking carrots, and now the nutrition experts have raised the carrot to a high place in our menu.

One reason why cabbage and turnips were considered common or plebeian was the manner in which they were cooked, that is, in a closely covered kettle in greasy water. The odor, when stale, was most unpleasant, and writers frequently spoke of the smell of "dead dinners." Now we know that such strongly flavored vegetables should be cooked in freshly boiling salted water *with the cover off the kettle.*

Until within a very few years, these root vegetables were cooked in a large quantity of water and the water was turned off and thrown away. Today we cook carrots and turnips in as little water as will prevent burning, and when the vegetable is removed, the water left is used in making the sauce or is added to the soup kettle—if one has a soup kettle on the stove.

It hardly seems necessary to speak of the washing and scrubbing or scraping

Keep that schoolgirl *disposition* too!

Jell-well will help you do that, and help your mirror tell a kinder story too! You see there's practically *nothing* to fixing Jell-well. Two cups of hot water from the tap and a minute for stirring . . rewarding you with a Saved Hour for Self-improvement or quiet relaxation.

• • •

And *still* you're giving them a gleaming, colorful, attractive dessert that looks and performs like a treat . . . and sure has got the true treat taste! *And* use a little showmanship, lady, . . . brush off the crumbs ritzily, and serve Jell-well in true party style!

Jell-well

In the Bright Red Package

A light, delicate dessert, with an eye-and-appetite appeal out of all proportion to its very tiny cost.

A New Recipe on Every Package

. . . 56 in all . . . suggesting new ways of fancying-up Jell-well.

NRA

Jiffy-Lou THE CUSTARD-LIKE DESSERT

JIFFY-LOU . . . (Jell-well's little sister) can be made at the very last minute and served either hot or cold. Three flavors: chocolate, butterscotch, vanilla.

of vegetables before cooking. But I have seen vegetables pared without washing, the result being a dark stain on the hands and a discoloration of the vegetables. As soon as the skin is removed the vegetable should be placed in fresh cold water until time for cooking. Late in the season, before the new carrots and turnips are ready, it is a good idea to soak the vegetables in cold water for several hours, thus restoring the water which has evaporated and making the vegetable fresher.

Beets are not pared before cooking as they "bleed," and much of the red color is lost. Scrub them clean, leaving an inch or two of the tops on the roots, cook until tender, pour off the boiling water and add cold water; the skins may then be slipped off, using the hands to accomplish this. Carrots may be skinned in the same way; or they may merely be scrubbed with a metal sponge before cooking. So many cooks pare carrots and in this way lose much of the best part of the carrot, especially the attractive red lying directly under the skin. From the turnip, however, a thick paring should be taken.

These vegetables are all cooked in boiling salted water, the water to be boiling when the vegetable is put into it.

Do not over cook vegetables of any kind—that being a common fault of American cooks. Cabbage, for instance, if cut into quarters or separated leaf by leaf, will cook in from twenty to thirty minutes. And yet not long ago a woman who had been a housekeeper for years asked me how long I cooked cabbage; when I told her, she almost snorted, and exclaimed, "Well, I wouldn't consider cabbage fit to eat if it hadn't cooked for at least four hours!" When cabbage begins to turn dark, changes in its composition take place which make it hard to digest.

Having heard so many descriptions of a "boiled dinner" such as they have in the East, I, being of New England ancestry, would like to state what a boiled dinner was in the homes of cooks who were considered good.

A piece of beef, usually corned, as fresh beef was not easy to obtain in country places, was cooked until tender and removed from the water. In this same water carrots and turnips washed, pared or scraped, and left whole, were cooked; also, cabbage cut into quarters, and potatoes, pared and left whole, were added last. Beets were cooked in a separate kettle and were usually served in a separate dish.

At serving time the meat was placed in the center of a large platter, and the vegetables arranged around it. It was, and is, a fine dinner; and the "red flannel" hash, or hash "browned in the pan" the next day was a treat! What is a "red flannel" hash? All the vegetables, including the beets, are chopped together and cooked in butter or fat in a frying pan. Or just the chopped meat

California Prune Pie
2 cups cooked California Prunes
1 orange
½ cup brown sugar
¼ teaspoon salt
2 tablespoons cornstarch
1 cup liquid from prunes
2 tablespoons butter
Baked pastry shell
Meringue, flavored with few drops lemon extract (use 2 egg whites and 4 tablespoons sugar)
Pit prunes and cut in half. Peel orange, removing white inner peel completely, and dice orange. Combine sugar, salt and cornstarch; add prune liquid and bring to a boil, stirring constantly until thickened. Add prunes, orange and butter, and continue cooking for 10 minutes, stirring occasionally. Pour into baked pastry shell, cover with meringue and brown in a slow oven (300 degrees F.) for 15 minutes. Serves 6.

A new adventure in varying menus

Send for this beautiful new recipe book—See how many easy, attractive ways you can serve California Prunes—Meanwhile try this delicious innovation tonight!

Here's a thrilling answer to the age-old problem "What shall I serve for lunch today, dinner tonight or breakfast tomorrow?"

It's an intriguing new recipe book in which you'll find more than 30 delicious ways of serving California Prunes. Send for it today.

But meanwhile try the recipe given here tonight and note how enthusiastically it is greeted by the entire family.

Good for the System, Too

California Prunes contain many an element the body needs: Vitamin A, that builds resistance to minor infections; vitamins B and G that whet appetites and promote growth; minerals (iron, calcium, phosphorus) to build blood, bone and tissue; natural fruit sugars, easily digested for quick energy. And, of course, you know prunes help regulate the system in a mild, *natural* way.

The family will eat them because they *like* them. If you give them foods they like, in moderate, well-balanced meals, the diet problem will take care of itself.

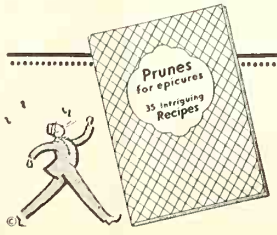
THE CORRECT WAY TO PREPARE PRUNES

First, wash the prunes in cold water. For quick preparation, place in pan, cover with water and bring to a boil. Cook at *boiling* temperature for one hour. If a sweeter dish is desired, add 2 tablespoons of sugar for each cup of prunes during *last five minutes* of cooking.

Many excellent cooks prefer to cover prunes with water and soak over-night, simmering slowly for two hours in the same water. Prunes may be served with or without cream. Just before serving, a little lemon juice may be added.

California prunes

every day in some way



UNITED PRUNE GROWERS OF CALIFORNIA, Dept. 12-S-3, 343 Sansome St., San Francisco, California.

Please send me FREE copy of the Prune Recipe Book.

*Name*_____ *Street*_____

*City*_____ *State*_____

IT BRINGS THE NORTH WOODS TO YOUR BREAKFAST TABLE

NOTHING hits the spot these frosty mornings like pancakes and delicious Log Cabin Syrup. It has the real North Woods flavor—Vermont and Canadian maple blended with choice cane. And just the right *body* to transform pancakes and waffles into a tender breakfast treat. Children love the amusing Log Cabin tin. A product of General Foods.

NRA

The World's Finest ELECTRIC HEATER

The MULTIGLO

The Ideal Christmas Gift

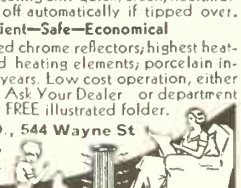
Throws heat in all directions. Pulls cold air from floors and circulates it. Supplies health-giving infra-red and ultra-violet rays. Fine for children. A real heating unit-quick, clean, healthful! Shuts off automatically if tipped over.

Beautiful—Efficient—Safe—Economical

Handsome, highly polished chrome reflectors; highest heating efficiency. Protected heating elements; porcelain insulation; built to last for years. Low cost operation, either AC or DC. Guaranteed. Ask Your Dealer or department store—or write today for FREE illustrated folder.

C. T. ELECTRIC CO., 544 Wayne St Jackson, Mich.

Write for FREE FOLDER



When listening to a conversation, did you ever try listening with your eyes as well as your ears? Very flattering. Try it.

Every woman likes them

Because they will not mar wallpaper or woodwork, and can be used with a hammer.

Moore

Aluminum Push-Pins

To Hang Up Things

6 for 10 cents. All Dealers

MOORE PUSH-PIN CO. Philadelphia

and potatoes (twice as much potato as meat) are mixed with a "bit o' onion," salt and pepper, and water or milk to moisten, and cooked until browned on the under side. It was not always browned; in New England restaurants we always see on the menu card, "Hash," and "Hash browned in the pan." One takes his choice.

A present day boiled dinner is just as good; now, however, we do not cook the vegetables in the greasy water, but in clear, freshly boiling water. The menu might run as follows:

Tomato Puree Crisp Crackers
Boiled Corned Beef
Plain Boiled Potatoes
Turnip Cups filled with Buttered Beets
Glazed Carrots Cabbage
Mixed Mustard Pickles
Apple Pie Cheese
Coffee

The service might be a platter service at the table, the beef in the center, to be carved by the host. The arrangement of the platter is important. The beef being in the center is surrounded by the vegetables as follows: the cabbage cut in quarters or eighths is placed on two sides, at each end of the platter the turnip cups filled with the beets are placed, and in between the cabbage and the turnip cups there are mounds of potatoes and of glazed carrots. This is really a very pretty platter and has no resemblance to a "plebeian boiled dinner."

Strictly vegetable plates are popular, and one can have several attractive plates using the vegetables always obtainable and cheap in price. Here is one I like.

Cabbage, Chopped and Buttered
Turnip and Potato Croquettes
Glazed Carrots Buttered Peas (fresh or canned)

It is always better to add one green vegetable to a plate, or if not added, serve separately a salad of lettuce or any green salad plant. Potatoes and turnips boiled together, say four potatoes and two medium-sized white turnips or one small yellow turnip, and then mashed, seasoned with butter, salt and pepper, give a pleasing change from plain mashed potatoes and plain boiled turnips. For croquettes, to a pint of the mashed vegetables add the yolk of an

★ ★

Trinity

TODAY, three callers had I.
One: the grace and grey
Of far-off, blue-hued firs.
Two: the golden glamour
Of a hybrid sky,
Half laughter, and half tears.
These two called a gypsy in me.
Three: the keening, hungry-hearted call
Of home. This
Called a lonely child.

—*Mary Alice Rulifson*

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NRA

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egg. When the mixture is cold, shape into cylinders three inches long and one inch thick, dip into the slightly beaten white of the egg diluted with two tablespoons of milk, roll in fine white bread crumbs, and fry in deep hot fat.

A plate not strictly vegetarian may consist of a Cabbage Roll, White Turnips with Spinach, Browned Potato, and Carrots.

Cabbage Rolls

Cabbage
1 small onion
2 tablespoonfuls of oil or any preferred fat
1 lb. of chopped beef and fresh pork, mixed
1 cupful of soft bread crumbs
Salt and pepper

Separate the large leaves of a head of cabbage and place them in boiling water for two or three minutes to wilt them. Cut the onion fine, and cook it in the oil or fat for a few moments, add the bread crumbs and meat and stir, cooking one minute, until thoroughly mixed. Sprinkle cabbage leaves with a little salt and place in the center of each a large spoonful of the meat mixture. Fold leaf around the stuffing and roll into a form rather cylindrical or nearly square. Tie with heavy thread and fry until well browned in a frying pan, in just enough fat to keep them from sticking to the pan. Add a pint of stock or boiling water, or half water and half tomatoes. Cover closely and simmer for one hour. Take rolls out, remove the thread, and serve with a spoonful of sauce, made of the liquid in the pan slightly thickened and strained. The above quantities will be sufficient for six or eight rolls.

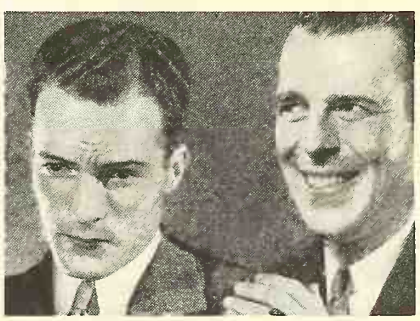
In serving vegetables try combining two or more, as beets and spinach, turnips and spinach, carrots and peas, onions and tomatoes (whole small white onions boiled, and added to well seasoned stewed tomatoes). And try this: chop boiled carrots, add salt, pepper, sugar and butter, and to each two cupfuls of carrots, add one slightly beaten egg. Pack into well buttered cups or molds, set the molds in a pan of hot water, and allow them to stand in a slow oven (350 degrees) until the egg is firm. Then unmold on hot plates and surround with buttered peas.

It's a good idea to give grocery gifts for Christmas! Your sister or your cousin will be thrilled to receive an assortment of unusual hors d'oeuvres "makings," interesting crackers, cheese, canned things, and so on and on. Do at least a part of your Christmas shopping at your grocer's.

A Tip from TIM saves the team!

[A REAL LIFE MOVIE]

1. "Going big!" That's what Radio Row said about Tom and Tim . . . And then . . . Tim began to notice that Tom seemed changed a little. Not quite his old infectious self . . . not quite "putting it over" . . .



2. "Say, Tom," he finally said, "let's try this keep-fit program we've been reading about. We need to get more exercise, old boy . . . more fruit and vegetables, lots of water between meals. And another thing . . ."

3. "You like cereals, don't you? Well, just try this Post's 40% Bran Flakes. Man, there's one grand-tasting cereal . . . honestly, it's the finest you ever tasted . . . and it's got those extra benefits, too."

4. Tom had never before given a serious thought to—constipation. But how he thanks Tim now for his timely tip . . . and for introducing him to the most delicious-tasting cereal in the world—Post's 40% Bran Flakes!

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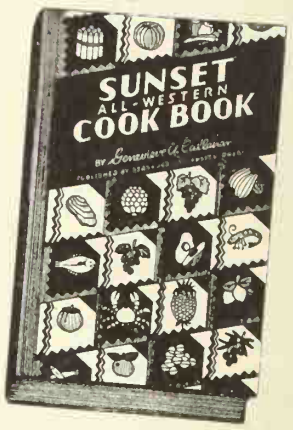
Begin now to have delicious Post's 40% Bran Flakes (with other parts of wheat) every morning. It provides the bulk most systems need—bulk so many diets lack. Thus it helps to prevent constipation, due to lack of bulk in the diet . . . an often unsuspected condition that may lead to headaches, low energy, "blues."

What a treat you'll find this crisp, delicious cereal! And how much it will help to keep you regular and fit. Get a package today! A product of General Foods.

Reward B

Reward A



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Sunset's All-Western GARDEN GUIDE

Reward A

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The All-Western Garden Guide is really four books in one! First, it puts right at your finger tips, listed alphabetically, complete information about every flower, plant and tree suitable for your Western Garden . . . . everything from Abelia to Zinnia. Then, it gives you completely illustrated "how-to-do-it" directions that show every step in successfully growing the most popular Western flowers and plants. Third, it provides you a year 'round working guide in "Memo-Calendar" form, that reminds you each month of the important things to do that month in your particular section of the West. Fourth, it gives you complete instructions and suggestions on every phase of planning, designing and caring for your Western Garden.

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Scores of the Western recipes in this unusual book, have won SUNSET Magazine's Famous Kitchen Cabinet Prize. Out of thousands sent in by good Western home cooks, only the very BEST were published, and now you may have them in permanent book form in SUNSET'S "Favorite Company Dinners." Try for yourself its savory dishes and menus. You'll be delighted with it.

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Reward C

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The book is in five convenient parts . . Western Vegetables, Western Fruits and Nuts, Western Fish and Game, Favorite Foreign Dishes, and Western Canning, Preserving and Pickling. In it you'll find a treasure store of recipes both time-tested and brand-new—new ways, too, to cut cooking costs by using Western products in season. And the author, Genevieve A. Callahan, Home Economics Editor of SUNSET Magazine, tells you exactly how to prepare, cook, and serve each of those products!

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MAPLEINE

TESTED BEAUTY GIFTS

By Barbara Lenox, *Sunset Beauty Editor*

"IF you could have anything you want for Christmas, what would you choose?" I heard a smartly dressed woman say to another on the ferry going to Oakland the other day. "If I could have anything . . . I'd like beauty," was the answer. That was too much for me, so I moved to a position where I could do a little eavesdropping. It was very noisy, and I heard only snatches of the conversation, but I did hear this . . . "If I had beauty, it would bring me so many other things." True, isn't it?

Beauty and charm are two of the most powerful weapons with which to win the approval of others in this competitive old world, and there are such endless opportunities for the woman who is poised, gracious and well groomed, that it seems fitting to express the spirit of Christmas by helping someone to win the approval of others. Sometimes even a detail will transform a person into an interesting new type, and overnight drab looking women have been known to turn into attractive looking individuals by a new make up or a change in hair dress.

How would you like to have someone give you a merchandise order at the beauty department of your favorite store? Think of the exciting things you could buy with it, and if you choose carefully, you can really recreate yourself into a fascinating new person. That's a fact, and not a fairy tale. The trick is in selecting the right products. If you have a yen for packages, there is a very interesting one in pink and black, that you may see at your favorite store. It contains cream, astringent tonic, a beautifier, powder, and moist rouge. This combination package is not only inexpensive, but very practical as the cream is of the all purpose type, and is made of pure almond oil which is in itself a great beautifier, and very beneficial for counteracting the drying effects of our western climate and hard water.

The astringent is interesting in that it is made of fruit juices, and does not contain alcohol. It has the delightful odor of fresh strawberries, and in an atomizer would make an excellent finish for a home facial. If you have never used moist rouge, you have missed a beauty opportunity—it flatters and does not fade, and what more can you ask of a rouge? Any of these products may be bought separately or in combination, and if you're interested, I shall be glad to send you the name, price, and the name of the store that carries this line.

A good hand lotion makes a very acceptable gift for young or old, and a quince lemon lotion that I have been testing is so soothing and refreshing, that I am sure anyone would be delighted to find it in her Christmas stocking. For a practical, intimate gift, there is a new depilatory, pink in color, and without an unpleasant odor, that is as safe and gentle as it is beautifying. Well groomed nails have become so indispensable that manicure products are always welcome. I know of a western made polish that is unusually lasting, and is made in flattering shades, two features which make it suitable for the out-of-door life we lead here in the West.

How would you like to give someone a complete home treatment set that will enable her to have a facial every day for three months or more? I don't mean just an ordinary facial either. This is something different, smartly packaged in black and white, and containing a liquid cleanser, a blushing cream, a toning lotion, and a protective cream. The blushing cream sounds interesting, doesn't it? Well, it is, and what's more, it blushes the skin into a state of health and beauty, chases away wrinkles, and all the other enemies of beauty. These products are not obtainable in stores,

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Published monthly at San Francisco, California, for October 1, 1933.

State of California, County of San Francisco, ss.:

Before me, a Notary in and for the State and county aforesaid, personally appeared L. W. Lane who, having been duly sworn according to law, deposes and says that he is the Publisher of SUNSET, and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, embodied in section 443, Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers, are: publisher, L. W. Lane, 1045 Sansome St., San Francisco, California; editors, Genevieve Callahan, Lou Richardson, 1045 Sansome St., San Francisco, California; managing editor, Lou Richardson; business manager, Jesse E. Thrash.

2. That the owners are: (Give names and addresses of individual owners, or, if a corporation, give its name and the names and addresses of stockholders owning or holding 1 per cent or more of the total amount of stock).

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3. That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages or other securities are: (If there are none, so state). None.

L. W. LANE, Publisher.

Sworn to and subscribed before me this 29th day of Sept., 1933. Lillian Ralston. My commission expires March 27, 1936.

but may be purchased in the Salons which are located in the main Pacific Coast cities. Write me if you want the addresses.

Powder, fine in quality, and put up in a sanitary container is another gift idea. There are dozens of others of course, but space forbids me to describe more. I've selected these beauty products for gift suggestions, because each one is an excellent value. I am sure you are just as tired as I am of products that are a waste of money because they are ineffective, or products which promise you impossible, sensational results, but these I have tested and they are really honest. I have several special bulletins available which I shall be glad to send you free of charge, except for a large envelope, stamped and self-addressed. There is one on each of the following subjects; Acne, Wrinkles, Dry skin, Oily skin, Large pores, an Analysis Chart of interest to the woman who is conscious of beauty defects, but is unable to identify them, one on the Human Skin, another on Red heads, and a Make-up Chart. Which will you have?

★ ★

Sky Writing

YOU can tramp the deepest jungle
Thru a story; smell the dust
Of the rolling sage brush country
From a picture, if you must;
But you've got to be out sitting
With your lead dog while you thrill
To the painting of the heavens
By the North God's mighty will.

There is ne'er a song or story
That prepares you for the glow
Of the gorgeous reds and purples.
How it crackles! And the flow
Of the weaving ghostly fingers
All along the blue-black screen—
How the huskies howl and quiver
At the miracle they've seen.

Nothing brings you any closer,
Close to Mystery just and right
Than a camp beside the Yukon
Under Northern Lights at night.

—*Kari C. Gould.*

★ ★

Christmas Eve

DRAWN is the curtain on the silent hill,
Upon the marble dream that was the town,
The blue of dusk, enfolding, strange and still,
The firs that sift their frail white petals down.
Drawn is the curtain of my quiet room,
For this the hour I have kept apart;
And as the candles blossom through the gloom,
The memories flower softly in my heart;
The firelight flickers over wall and floor,
And life grows sweeter than it was before.

—*Ada Hastings Hedges.*

DO YOU SHIVER WHILE YOU SHAVE?

DON'T blame the razor if your hands are numb or shaking with cold. Get a new Perfection portable room heater for your home. Bathe, shave and dress in real comfort.

There's cold weather coming... chilly damp days when a sturdy little Perfection Firelight heater will pay for itself again and again in the cozy warmth it will give. So easy to pick up and move about from room to room, so quick to respond when you light it, Firelight chases chills from cold corners in a hurry. Firelight models, with fire-bowl of transparent Pyrex brand glass, give out ruddy light as well as heat, adding the charm and cheer of firelight glow to any room. Other models are in all-metal construction. All are available in a wide variety of finishes, porcelain enamel in a choice of colors, also black japan.

Any home will be more comfortable with at least one Perfection portable heater, ready to serve wherever needed. One gallon of low-priced kerosene supplies fuel for ten to twelve hours of comforting Perfection heat.

See your dealer today. Order your new Perfection now, and be ready for chilly weather.

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No. 525 Perfection portable room heater, finished in polished steel and black japan. Prices from $6.50 to $17.25.

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This Month in Your Garden

Written Especially For the Bay Region

By

Marie Olsson

THIS is a good time to put in any permanent improvements such as fences, lath houses, greenhouses, lily pools, arbors, and the like. Birdhouses are interesting additions to a garden and should be built and located a few months before the rental season commences so that they have time to season or weather. Be sure the house has a landing porch, a small rail outside the door to aid Mr. Bird in sharpening his beak, and ample room below the sill for a nest. Some of the garden supply stores have good looking "bird apartments" for sale for less than one dollar.

It's a good idea and a thrifty one, too, to use old window sashes to make a cold frame or hot bed. Cold frames and hotbeds are what we might term "miniature greenhouses," and are used by both amateur and professional gardeners to hasten and insure germination of seed. To make a cold frame, dig a pit two feet deep; then put in a six-inch layer of coarse soil mixed with rock fragments, next replace a foot of soil mixed with fertilizer, and then add a six-inch layer of rich, sifted top soil. Build the frame to fit one or more sections of old window sash. The frame should be about a foot above the ground at the back and three or four inches at the front. The pane of glass (whitewashed to prevent burning of the plants) on top slants toward the south.

The hotbed is heated by placing a layer of fermenting manure about a foot below the surface of the earth.

Garden Tools

To make garden work easier, good garden tools are essential, and your local hardware dealer or seedsman have many new energy-saving gadgets that will make even the most difficult of garden tasks a real joy to perform. A Dutch Hoe, for example, originated in Holland to cultivate tulip beds, is a fine implement for cultivating around shrubs and trees. A long handled cultivating fork with three claw-like prongs makes cultivation possible while standing upright and is a fine implement to use on plants growing against a wall, especially if you do not wish to step into the flower border just in front of the wall. It's pruning time in the West and lopping shears with wooden handles two feet long will help you to reach the dead branches of trees and vines. And be sure to ask about a border spade and fork, which are just the implements for the woman gardener. They are small, light in weight, and a Y-D handle makes them easy to grasp.

A most ingenious device came to our office the other day. It is a lawn edger. Any of you who trim your own lawn know the tiresome job of going around the edge with small hand shears. This gadget might be termed a miniature lawn mower. Incidentally, the price is low.

Winter Protection of Evergreens

Newly planted shrubbery needs more care than securely established plants, since they have not fully recovered from the shock of transplanting. A mulch of peat moss four to six inches deep around the roots of shrubs will prevent excessive freezing and thawing and will also conserve moisture on sunshiny days. Small tender shrubs need top protection in certain locations, in order to keep off cold winds and to aid the plant in tolerating quick temperature changes. Dwarf plants may be protected by a square of burlap held over the shrub by four stout stakes. Under this subject, we must consider, too, the spraying of shrubs in order to protect them from scale which is a dangerous enemy of the family of evergreens. Junipers, attacked by scale, often take on a whitish appearance. English Holly becomes infested with a soft brown scale. Pines, spruces, euonymus and a long list of other conifers and evergreens are delightful morsels to a number of pests. It is advisable to spray on a cool day but when the sun is shining, using care in spraying to assure wetting all parts of the plants. Follow the proportions given on the container. We have a pest control chart that tells how to control mealybugs, leafhoppers, beetles, mildew, aphis, bulb flies, chrysanthemum midges, and all the rest of the mischievous garden pests that claim so many of our plants. If you would like a copy of this chart, just let us know.

Our Garden Gift to You

WE have a little gift for you but you must write for it if you want it. The "gift" is a mimeographed leaflet entitled, "Planning the Rose Garden for Central and Northern California" by Francis E. Lester. Address your request to The Garden Dept. Sunset Magazine, 1045 Sansome St., San Francisco.

Flower Borders

Your flower borders will need renovating during this month; overgrown perennials may be divided and new small plants may be set out now. Seed of a number of perennials and annuals may be sown under glass, and they will be ready to be set out in early spring. Delphinium planted now will give you a remarkable percentage of bloom the first year. Columbine seed may be sown now; this hardy perennial flowers all through the spring and summer. Remember that in planting a perennial border, space should be allowed for annuals to provide color when some of the perennials need be cut down.

If you do not have a great deal of time to devote to your garden but enjoy the bloom of flowers, here are a few that you can plant now that will re-seed themselves each year: viola, limnanthes, larkspur, snapdragons, candytuft, nigela and calendulas.

When moving rose bushes from one garden to another, withhold water for several days before so doing. When they are dug, dip the roots in thick mud, remove nearly all the leaves, and pack the bushes in wet newspapers or damp sacks. When the bushes are replanted, shade them for a week or ten days. Give them ample water and do not fertilize them until after the new growth has made a good start. Watch your roses carefully for mildew, aphis, and leaf spot or rust, or spray them even before such diseases may start.

Planting of Balled Shrubs

Balled shrubs may be set out any time of the year, but fall is the most desirable time since they may take advantage of the winter rains and thus establish a strong root system immediately. Dig the hole in which you will plant the shrub slightly larger than the size of the ball. Place some fertilizer in the hole, remove the burlap from the ball, and set the shrub into the hole, allowing the top of the ball to be five inches below the surface of the earth. This basin is necessary for it helps in keeping the soil around the new shrub moist. Do not pile up soil around the stem for that will tend to rot the bark.

"Coming Up"

—on the "platter" of quality and service—nourishing food for your lawn and shrubs and flowers and bulbs. Feed these ever-hungry plants; then, in turn, enjoy gayer, sturdier flowers and plants, a greener, deep-carpeted lawn.

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From Fort Bragg

I WOULD like to tell SUNSET readers about my flower border of Iceland poppies, nemesia and violas—a most effective combination. The border is two and one-half feet wide. In the back I had the poppies, the Coonera Pink Hybrids which range in color all the way between pink and orange. In front of the poppies I planted nemesia (Blue Gem) and in front of the nemesia, apricot violas.

I grew all of my plants in a cold frame and transplanted them, but the poppies and nemesia can be planted directly in the garden if preferred. If the weather is hot and dry, I cover the seed bed with newspaper or burlap until the seeds sprout; of course the soil should be well fertilized and moist when seeds are planted. Here on the Coast these seeds can be planted any time in spring or summer.

The Iceland poppy grows more than one year from the same root if the bed has good drainage. Mine came out fine even after the terrible cold of last winter. In order to keep them blooming, the seed pods must be kept picked off. Nemesia, too, will bloom a second time if planted thick enough so that you can shear off the flowers first at the back and then at the front of the row. In this same flower border I have some tulips and daffodils for early bloom, and pink amaryllis for fall bloom. Of course one must have rich soil to grow so many things in a narrow strip. Forget-me-nots, lobelias, and other blue flowers would be lovely in with the Iceland poppies.—A. H. E., Fort Bragg, California.

Sweet Peas in the San Joaquin Valley

It is impossible for those of us who live in the frost belt of the San Joaquin Valley to have sweet pea blooms by Christmas time, but by planting the early-blooming varieties of seed not later than the middle of November, we may have early blossoms in the spring. The plants started in the fall will make good root systems during the winter and be ready to send out blossoms shortly after the frosts are over. It is better to plant the seed in September or early October but don't be discouraged if it is as late as November.

One may also plant the later blooming variety in the latter part of January or early February after the heaviest frosts have passed and get a delightful succession of blossoms later in the summer. These will last longer if planted in a shady place where they will be protected from the burning heat of our sun.—Irene M. Bunker, Porterville, California.

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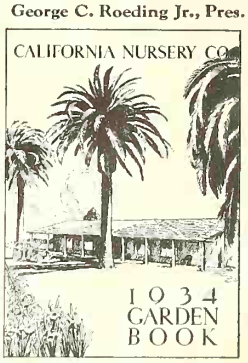

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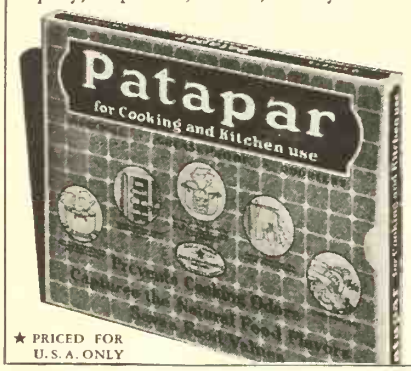

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My Twelve Favorite Lilies

I HAVE chosen a dozen lilies that are rated by specialists among the most easily grown, and that I have grown or observed under Bay region conditions. These follow with some recommendations as to companion plantings as it is well known that lilies welcome under planting or inter-planting, with subjects that are not too greedy, thus robbing the soil. These growths keep the earth cool during the warm season and it is an axiom that lilies like a rooty soil. The aeration and loosening provided are probably reasons for this. Possibly also the soil is affected in ways not yet understood that may increase fertility.

Lilium elegans. This is our first lily to flower, opening in May. These are not large, the blossom is held upright and the commonest variety is of a terra cotta color. I think the yellows which include E. Alice Wilson and E. Peter Barr, much more desirable. These flourish anywhere and are advised for the rockery. Lovely with forget-me-nots.

Lilium candidum, the Madonna lily, succeeds *Elegans* before the end of May. It makes fine clumps in the sun and has of course been long associated with Delphiniums. The glistening white flowers of this type harmonize with almost any spring blossoms. It likes lime in the soil.

Lilium browni is a strong growing type, the flower a long bold trumpet in white or cream with brown markings on the outside. It flowered in our locality in early June and had faded before *L. regale* opened. I saw it placed at the back of a pansy bed and with a background of shrubbery. The effect was very good.

Lilium regale, perhaps the best known of all trumpet lilies, owing to the ease of culture, follows in late June. With fine white trumpets flushed with pink on the outside and warmly centered with yellow it is everyone's lily. The fragrance is a delight. For several years we have grown this lily with the pink stock, Belle of Naples, and blue violas, a combination that never wearies. The stocks are sown January 15th and set out about six weeks later. They continue in flower all summer and the lily stems, still green, are unobtrusive after the blossoms fall.

Lilium hansoni is usually described as a turkscap in orange yellow. As I saw it this spring it was a lovely waxy yellow not greatly reflexed and extremely fine in conjunction with *Salvia patens,* whose blue is unequalled in the floral world. *L. hansoni* should not be grown in the sun as it may bleach.

Rare Plant Expert Depends on Morcrop

"We have been using Morcrop," writes E. H. Miller, Garden Grove, California, a well-known grower of rare plants, "for over two years on our Begonias, Ferns and rare plants and we get excellent results from it as we are known to have the strongest and healthiest plants of this type in Southern California." This enthusiastic praise accents the satisfaction that commercial and amateur gardeners all over the Pacific Coast find with the Coast's own fertilizer—Lilly's Morcrop. Begonias and rare plants cannot be handled too carefully and Morcrop contains exactly the right elements for their luxuriant growth and that of all plants. Get Morcrop—the great humus base complete fertilizer—in packages and bags for gardens and lawns, tablets for house plants, at your seed dealer or write to The Chas. H. Lilly Co., Lilly's Bldg., Seattle.

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L. tenuifolium is a small lily chosen for its color, a rich scarlet, and the ease with which it may be increased from seeds. It is suitable for the rockery, not over two feet tall and of slender growth. A turkscap type.

Lilium longiflorum is the Easter lily of the florist's windows but quite hardy in the garden and increased rapidly from bulblets. The first bud opened July 1st here this summer, and three flowering stalks lasted a full four weeks, situated north of shrubbery but with plenty of light. With the regals still in flower a part of this time, *L. longiflorum* added a stately note above pinks and violas.

Lilium pardalinum, our native Leopard lily, is a well known and loved orange lily spotted with brown or purple. It requires an acid soil with some shade preferably and increases in beauty from year to year. Shallow planting is indicated as there are no stem roots. Flowering in July there is a wealth of perennial and annual material to companion it. My choice is deep creams or pale yellows, to be found in violas or the newer Hemerocallis, although carefully chosen blues are admirable also.

Lilium krameri is not perhaps quite so easy as the others in this list, but a veteran nurseryman in Berkeley finds no difficulty with it. It should be tried as it carries a lovely pink trumpet in June or July, a rare color in lilies.

Lilium speciosum, often called rubrum because that variety of it is most commonly seen, is easy, very handsome and often increased well from bulblets. It is August flowering and is especially lovely with the pale blue *Campanula carpatica* Ditton Blue or viola Maggie Mott or Radio.

Lilium henryi is a fine lily in clear orange faintly spotted brown. It is tall but needs staking as the stems are slender and the flowers numerous.

Lilium auratum, last with us in time of flowering, is a magnificent lily. The variety generally grown is white, very large flowered with a distinct golden band on each petal and spotted with brown. It absolutely requires an acid soil and the "edge of a shade" is its best situation. Not quite so likely to stay with us more than three or four years, it is still a lily that everyone should have. It is often listed as flowering in August but has come on here in October. The blossoms are very large and the fragrance delightful. Height often to seven feet.

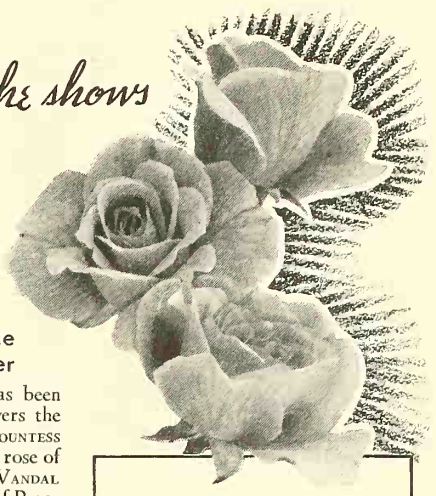
It will be seen that the season of these lilies often overlaps. Indeed one could choose a half dozen that would cover the summer period. Certainly any garden plan will be enhanced by the inclusion of lilies and almost any gardener can grow some of them well.

If the garden soil is really impossible, lilies may be grown in pots of good loam and leaf mold and placed wherever one's taste dictates. — Emma Williamson.

New.. the talk of the shows

Countess Vandal

(Plant Patent No. 38)



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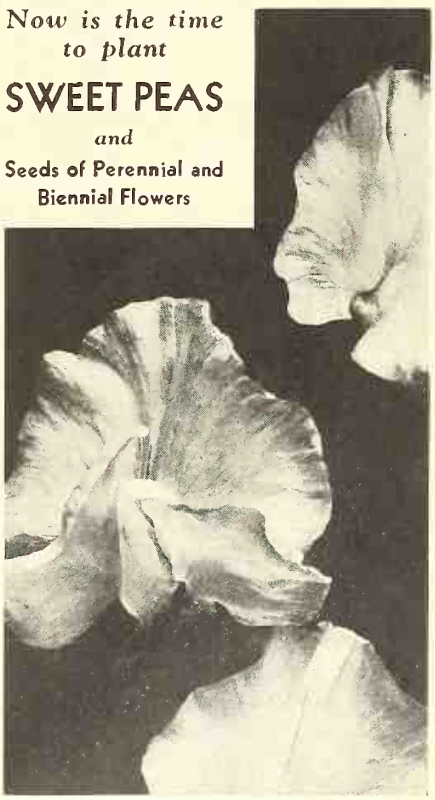

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SAN FRANCISCO

That sophisticated Scottie says there isn't any Santa Claus but I'll typewrite my letter to him just the same. I learned long ago not to listen to old growlers who try to take the fun out of everything

Even if I don't know the words I join in when carols are being sung. The music makes me sad but we must expect joy to be tinged with sorrow

Some dogs will have ice cream and all sorts of fancy food for Christmas, but who cares? We dogs who lead the simple life miss a lot of headaches

Now that's my idea of a Christmas tree! Believe me, I'd rather have a bone to enjoy than a diamond-studded collar to worry about

After the Christmas dinner, let's all go for a hike. It's awful to get so concerned with material gifts that we forget real things like playing in the sunshine

I'm so worn out with Christmas that I can't write another word. Merry Christmas, everybody, and do try to get a little sleep

The Office Dog Joins Us in

Wishing You A Happy Christmas

IN this Christmas issue every one of us here in the editorial offices wanted to extend a special Christmas wish to our many, many SUNSET friends. There wasn't space, however, for so many personal greetings so we just decided to let Paddy, the Office Dog, do our talking for us.

Of course Paddy is just a dog but her philosophy is sincere and her greetings are certainly enthusiastic. We trust that she has conveyed to you our Christmas message of friendliness and good cheer and that the approaching holidays will be full of happiness for every one of you.—L. R.